

Pandemic Information at a Glance

<p>N1H1 Signs and Symptoms</p>	<p>Fever Cough Sore Throat Stuffy Nose Body Aches Chills Fatigue Some report diarrhea and vomiting</p>
<p>Contagious Period for N1H1</p>	<p>You are contagious one day before symptoms appear to 5-7 days after symptoms appear. CDC recommends you stay home for 24 hours after fever disappears.</p>
<p>Incubation Period of N1H1</p>	<p>Likely 1-4 but as many as 7 days</p>
<p>Staying Healthy</p>	<ul style="list-style-type: none"> *Regular and thorough hand washing min 20 sec *Avoid contact with those who are infected *Limit trips to public places such as grocery stores *Remain 6 feet away from all people if possible *Cover mouth and nose with a tissue when you cough or sneeze, throw tissue away *Avoid touching your eyes, nose or mouth
<p>Caring for Someone with N1H1</p>	<ul style="list-style-type: none"> *Isolate the individual in a separate room *When caring for someone, wear gloves, surgical gown or long sleeve coveralls and disposable apron, disposable shoe covers, safety goggles and N95 respirator mask *Disinfect anything used by ill person in dishwasher or using solution of 1.5 teaspoons bleach to 1 gallon water *Disinfect surfaces anytime there is contact or 2-3 times a day
<p>Medications that are effective on N1H1</p>	<ul style="list-style-type: none"> *Oseltamivir (Tamiflu) *Zanamivir (Relenza) <p>These are prescriptions meds probably would be used on patients who are hospitalized or who have other conditions</p> <ul style="list-style-type: none"> *Asprin containing meds should not be given to children under 18. Check over the counter flu medications to be sure they do not contain asprin.
<p>Personal Protective Equipment Removal</p>	<ul style="list-style-type: none"> *Gloves - ensure that you do not touch the outside of the gloves *Eye protection - touch only the portion that covered the ears *Apron *Mask touch only the strings that were behind the head *Throw all away in a sealed plastic bag and wash hands
<p>Signs to Seek Medical Care (Children)</p>	<ul style="list-style-type: none"> *Fast Breathing or trouble breathing *Bluish/gray skin color

	<ul style="list-style-type: none"> *Dehydration *Severe or persistent vomiting *Not waking up or not interacting *Being so irritable that child does not want to be held *Flu-like symptoms improve but return with fever and worse cough
Signs to Seek Medical Care (Adult)	<ul style="list-style-type: none"> *Difficulty breathing or shortness of breath *Pain or pressure in the chest or abdomen *Sudden dizziness *Confusion *Severe persistent vomiting *Flu-like symptoms improve but return with fever and worse cough
Clean-Up	<ul style="list-style-type: none"> *Virus is active on surfaces for 2-8 hours after exposure *Follow label on household cleaners *Contaminated laundry and dishes do not need to be cleaned separately *Laundry should be dried
DO NOW	<ul style="list-style-type: none"> *Find out how loved ones want to be cared for in a life threatening situation *Ensure that you have a 14 day min supply of food, water and medications on hand *Store personal protective equipment
Other	<p>Plan in advance how you will care for children if schools and daycares close, but you are still required to work</p> <p>Recall that children should be kept isolated from neighbor children</p>
Recourses	<p>http://www.cdc.gov/h1n1flu/general_info.htm</p> <p>www.flu.gov</p> <p>http://www.cdc.gov/flu/swineflu/</p> <p>http://www.who.int/csr/disease/swineflu/en/index.html</p>