

Lord Fairfax Health District H1N1 Information

Frequently asked questions about H1N1 and Influenza-Like Illness

1) What is H1N1?

Novel H1N1 is a respiratory virus; it is "novel" because it is a new virus. There are many other types of influenza viruses.

2) What are the signs and symptoms of Influenza-Like Illness?

Persons with Influenza-Like Illness (or "ILI") have

- Fever of 100°F or greater AND one or more of the following
 - Cough
 - Sore Throat
 - Runny and/or stuffy nose(Persons may also have body aches, headaches, chills, fatigue, and diarrhea)
- AND - the above is not secondary to another infection (e.g. strep throat, pneumonia, etc)

3) How are flu viruses spread?

- Primarily person-to-person through respiratory droplets
 - Coughing
 - Sneezing
- Hand-to-hand transmission... we touch our face (nose, mouth, eyes) frequently... anything on our hands (including viruses!) can then enter our bodies
- Persons are infectious one day before their symptoms start and up to 10 days after becoming sick

4) How Can I Prevent the Spread of the Influenza Viruses (Including Novel H1N1)?

You can decrease the spread of the virus, and therefore your chances of contracting it, through "Scrupulous Standards of Hygiene!" Specific infection control measures include:

- 1. Wash your hands often with soap and water, especially after you cough or sneeze and before eating**
 - Alcohol-based hand cleaners are also effective
- 2. Cover your nose and mouth with a tissue when you cough or sneeze**
 - Throw the tissue in the trash after you use it
 - Cough into your elbow or sleeve if a tissue is not readily available
- 3. Avoid touching your eyes, nose or mouth**
 - This is how germs are frequently spread; if you are going to touch your face, wash your hands first!
- 4. Stay home if you get an Influenza-Like Illness!**
 - Until at least 24 hours after you are fever-free (<100°F) without the use of fever-reducing medications (e.g. Tylenol® or Motrin® or other such products)
- 5. Get the seasonal flu vaccination and the H1N1 vaccination when available**
 - Vaccinations against influenza viruses are critical to help reduce your risk, as well as the risk of others, from contracting flu viruses

Resources

**Virginia Department of Health Flu Hotline - 877-ASK-VDH3
(877-275-8343), Monday-Friday, 8:30 am - 4:30 pm**

Federal Government H1N1 Info

<http://www.cdc.gov/h1n1flu/>

<http://www.flu.gov/>

VA Medical Reserve Corps Information

<http://www.vdh.virginia.gov/mrc/>

Virginia Department of Health Website

<http://www.vdh.state.va.us/>

Facemask and Respirator Use

<http://www.cdc.gov/h1n1flu/masks.htm>

Personal and family preparedness steps

<http://www.readvvirginia.gov/>

Posters & Other Materials

<http://www.cdc.gov/germstopper/materials.htm>

Advice and talking points for discussing H1N1 with children

<http://www.cdc.gov/h1n1flu/talkingtokids.htm>

http://www.nasponline.org/resources/Talking_With_Children_About_Flu_FINAL.pdf

1. Get a Kit

For more information, visit: <http://www.readyvirginia.gov/getakit>

2. Make a Plan

- Family Care Plan - arrange with family, friends and neighbors who will care for children, elders and others who are ill and need assistance or supervision
- Discuss with your family, friends and neighbors the types of disasters and emergencies that are most likely to happen and what to do in each case
- Take a first aid, CPR or other class so that you can help yourself and others if needed
- Decide now where you and your family will meet in case you can't return home because of an emergency
- Make a plan for the care of your pet(s)

For more information, visit: <http://www.readyvirginia.gov/makeaplan>

3. Stay Informed

It is critical to use accurate, local, up-to-date information to protect yourself and your loved ones.

For information about emergencies such as hurricanes, floods and weather-related events, listen to the radio or television for information from officials.

For information about influenza, check the Virginia Department of Health website at www.vdh.state.va.us anytime or call 877-ASK-VDH3 (877-275-8343)

Monday - Friday, 8:30am - 4:30pm.

For more information, visit: <http://www.readyvirginia.gov/stayinformed>

DISASTER SUPPLY KIT

WATER*

- 1 gallon per person/per day, for 3 to 5 days

(1/2 for drinking, 1/2 for sanitation & cooking)

FOOD*

- 3 to 5 day supply of food-requiring minimal water, no refrigeration, preparation or cooking (canned foods, granola bars, trail mix, etc.)
- Manual can opener
- _____

FIRST AID KITS**

- Prescription & non-prescription medications
- Extra eyeglasses & contact lenses
- Pre-packaged first aid kit
- _____

RECORDS & FINANCIAL DOCUMENTS

- Cash (small bills) or traveler's checks
- Credit card
- Extra set of car keys in a waterproof container
- Originals of important documents-in a safe place
- Emergency phone number

SANITATION SUPPLIES

- Toilet paper
- Soap
- Garbage bags
- Plastic bags with seals
- 5-gallon bucket with lid
- Disinfectant
- Pre-moistened towelettes
- Feminine hygiene products & diapers
- _____

CLOTHING & BEDDING

- One complete change of clothing
- Sturdy footwear
- Sleeping bag (or 2 blankets) per person
- _____

OTHER ITEMS

- Games, Toys & books
- Pet supplies (food, water, carriers, etc.)
- Comfort/care items unique to infant, elderly & disabled family members
- Extra set of keys
- _____
- _____

SURVIVAL TOOLS & EQUIPMENT

- Battery-powered radio, flashlight
- Extra bulbs & batteries
- Call letter & dial settings of your local Emergency Alert System taped on your radio & TV
- Wrenches, duct tape, a whistle & a utility knife
- A road map
- Cell phone
- _____

**Rotate food & water every 6 months*

***Keep first aid supplies in home & car*