



Brock University FAQs

H1N1 Flu Virus (Human Swine Flu)

What is H1N1 flu virus (Human Swine Flu)?

H1N1 flu virus (human swine flu) is a variant of normal seasonal influenza that contains bits of viruses from birds, pigs and humans. People with H1N1 flu experience the same symptoms as regular seasonal flu:

Headache	Weakness/ fatigue	Sore throat
Cough	Nausea	Fever/ chills
Muscle aches	Vomiting	Diarrhea

How is H1N1 flu virus (Human Swine Flu) spread?

H1N1 is likely spread from person to person via the respiratory route, the same as seasonal influenza. Coughs and sneezes release the germs into the air where they can be breathed in by others. Germs can also rest on hard surfaces like counters and doorknobs, where they can be picked up on hands and transmitted to the respiratory system when someone touches their mouth and or nose.

Infected people may be able to infect others beginning one day before becoming sick and up to seven days after. It takes between two and seven days for a newly infected person to show symptoms.

How can I stop the spread of H1N1 flu virus (Human Swine Flu)?

- Wash your hands frequently and thoroughly or use alcohol-based hand sanitizer
- Cover your mouth and nose when you cough or sneeze
- If you don't have a tissue, sneeze or cough into your sleeve or arm, not into your hands
- Stay home if you are ill

How do I keep the environment clean to prevent the spread of H1N1 flu virus?

Most household cleaners sold in retail stores will kill the H1N1 flu virus. It is always best to wash a surface before disinfecting but most household cleaners do both at the same time. To make your own disinfectant, mix one teaspoon of household bleach with two cups of water. Ensure that the area to be disinfected is first washed with soap and water, then apply the bleach solution. Leave the bleach solution on the surface for at least ten minutes, let air dry, or wipe with a clean disposable towel.

Is wearing a mask recommended for the general population?

No. In keeping with the current directives from provincial and federal health authorities, it is not recommended to use face masks for the general population

How severe is the H1N1 flu virus (Human Swine Flu)?

The majority of cases of H1N1 reported so far in Canada and the United States have been mild. Some of the cases in Mexico have been more severe, involving primarily healthy young people who rapidly progressed from mild illness to severe respiratory distress. Some illnesses have resulted in death.

I have been tested for the H1N1 flu virus (Human Swine Flu). How do I get my results?

Results of communicable diseases go directly to healthcare providers and patients. The results may also be shared with institutions and workplaces when investigation determines that action is necessary to protect public health.

Is there a treatment for H1N1 flu virus (Human Swine Flu)?

It appears that Tamiflu (oseltamivir) and Relenza (zanamavir) work to combat H1N1, so these drugs can be used to treat severe H1N1 cases if treatment is started within two days of symptom onset. Mild illness that appears to be going away on its own does not require treatment. H1N1 flu virus (human swine flu) is resistant to amantadine.

Is there a vaccine for H1N1 flu virus (Human Swine Flu)?

Canada has a contract with a vaccine manufacturer for vaccine production in the event of a pandemic. An H1N1 vaccine has been developed and is currently being tested. It should be ready for public deployment in November, 2009.

While there will be enough H1N1 flu virus vaccine for all Canadians who need and want protection, not everyone can be immunized at the same time. The Government of Canada has advised provinces and territories on which groups and populations will benefit most from vaccination so that the timing and location of immunization clinics can be targeted appropriately to ensure those that need it most get it first. Regional deployment of the vaccine will be governed by the local and provincial Medical Officers of Health.

Those who have been identified as benefitting most from immunization include:

- People under 65 with chronic health conditions
- Pregnant women
- Children 6 months to less than 5 years of age
- People living in remote and isolated settings or communities
- Health care workers involved in pandemic response or the delivery of essential health care services
- Household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines
- Populations otherwise identified as high risk

For more information visit:

http://www.phac-aspc.gc.ca/alert-alerte/h1n1/faq_rg_h1n1-eng.php#vac

Can I get H1N1 flu virus (Human Swine Flu) from eating pork?

No. Cooking destroys the virus.

Should I travel to Mexico or one of the affected areas?

The Federal government through Public Health Agency of Canada and Foreign Affairs is responsible for issuing travel advice to Canadians. Travel advisories can be found at <http://www.phac-aspc.gc.ca/tmo-pmv/pub-eng.phb>

Where can I get more information?

- Ontario Ministry of Health and Long-Term Care <http://www.health.gov.on.ca>
 - TeleHealth Ontario 1-866-797-0000
 - Travel Health Notices <http://www.phac-aspc.gc.ca/tmp-pmv/pub-eng.php>
 - Public Health Agency of Canada <http://www.phac-aspc.gc.ca> or 1-800-454-8302
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