



HEALTH SERVICES

Seasonal and H1N1 Flu Facts

These two flus aren't really that different. A lot of what you already know about the seasonal flu applies to the H1N1 flu (swine flu). According to the Centers for Disease Control and Prevention (CDC), most people recover from the seasonal flu and the H1N1 flu on their own, without medical attention.¹ Use this handy chart to spot symptoms and find out what you can do to lower your risk of catching either flu.

	Seasonal Flu	2009 H1N1 Flu
What is it?	A contagious respiratory illness caused by the influenza A or B virus. Occurs during the regular flu season, usually in winter.	A contagious respiratory illness caused by a strain of influenza A virus. First detected in the United States in April 2009, it has occurred throughout the summer, and will likely continue throughout this winter.
	Similarities	
Symptoms	Fever, cough, sore throat, body aches, runny or stuffy nose, headache, chills, and fatigue, and possible diarrhea and vomiting in children.	Same as seasonal flu, plus some instances of diarrhea and vomiting in adults.
How it spreads	Passes between people through coughing or sneezing, via germs in the air or on infected surfaces.	Same as seasonal flu.
Prevention	Wash your hands often with soap and water or an alcohol-based hand gel. Avoid touching surfaces that might be contaminated. Stay away from people who are coughing or sneezing. Cover your cough or sneeze with a tissue and throw away the tissue.	Same as seasonal flu.
Treatment	If you're experiencing moderate symptoms, try over-the-counter medications as recommended by a physician or pharmacist.	Same as seasonal flu. If symptoms worsen, contact your personal physician or health care provider.
	Differences	
Who's at risk?	Seniors and very young children are most likely to catch the seasonal flu. Pregnant women, seniors, and people with chronic health conditions are at increased risk for complications.	Children and young adults are most likely to catch the H1N1 virus. Pregnant women and people with chronic conditions such as asthma, diabetes, and heart or lung disease are most likely to be hospitalized with the flu. People 64 or older appear to have a lower risk of catching H1N1 flu.
Peak Season	Usually occurs in late fall and winter. Those affected may spread the virus one day before symptoms develop and up to seven or more days after becoming ill.	Has occurred throughout the summer and will likely continue into the winter.
Vaccines	Physicians recommend that everyone get a seasonal flu vaccination to protect against the regular flu.	A separate H1N1 vaccine is available. Check with your physician to see if the vaccine is recommended for you



If you feel ill, it is recommended that you stay at home. By staying home you reduce the risk of infecting others. Remain at home until you have been fever free for 24 hours without the use of fever-reducing medicine. In mild to moderate cases, this will be a period from **3 to 5 days**. In more severe cases, the exclusion period will be longer.