

Can you get H1N1 flu from eating pork?

No. You can't get the H1N1 flu virus from eating pork.

What is being done about the H1N1 flu?

People with H1N1 are asked to stay home until 24 hours after they no longer have a fever without using fever-reducing medicines, except to seek medical care when needed.

Workplaces, day cares, schools, colleges, and other places are also taking steps to help keep H1N1 from spreading.



For more information about H1N1 flu, contact KDHE:

- ◆ **1-877-427-7317 (toll-free)**
8 a.m. - 5 p.m. Central
Monday - Friday
- ◆ **h1n1fluinfo@kdheks.gov**
- ◆ **www.kdheks.gov**

Our Vision - As the state's environmental protection and public health agency, KDHE promotes responsible choices to protect the health and environment for all Kansans.

Through education, direct services and the assessment of data and trends, coupled with policy development and enforcement, KDHE will improve health and quality of life. We prevent illness, injuries and foster a safe and sustainable environment for the people of Kansas.

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H1N1 Flu — Questions and Answers



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What is H1N1 flu?

H1N1 flu is a respiratory disease caused by the 2009 H1N1 Flu Virus. This virus was called 'swine flu' at first, because it is like a virus that can sometimes infect pigs.

How is the H1N1 flu spread?

2009 H1N1 flu spreads in the same



way as the regular (seasonal) flu – through coughing and sneezing. The virus can also be spread through contact with surfaces recently infected by others. People with H1N1 can infect others starting from one day before their own symptoms begin, until a week after they become sick.



How can I help stop H1N1 from spreading?

Take these steps to keep from spreading H1N1:

- Wash your hands with soap and warm water and avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your coughs and sneezes – use a tissue or cough into your elbow. Do not cough or sneeze into your hands, since we sometimes touch other people or surfaces with our hands.
- Stay healthy – eat plenty of fruits and vegetables, drink lots of water, get enough sleep, and exercise.

What are the symptoms?

The symptoms of H1N1 flu include:

- Fever higher than 100° F
- Body aches
- Coughing, sore throat
- Runny nose (congestion)
- In some cases, diarrhea and vomiting

What should I do if I have symptoms?

If you have these symptoms, remain at home away from others

as much as possible. Get plenty of rest and fluids. If your illness becomes severe, call your doctor or local clinic.

How long do I need to stay home if I am sick?

You should stay home until at least 24 hours after you are free of fever or signs of fever, without the use of fever-reducing medications.

Is there a vaccine to protect against H1N1 flu?

A vaccine is expected to be available soon, on a limited basis at first. The vaccine should be available to more people later, toward the end of 2009.



Are there medicines to treat 2009 H1N1 flu?

Some people who have severe illness can benefit from antiviral drugs. Most people can get better with rest, fluids and over-the-counter, fever-reducing medicines.

