

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?

Doctors, hospitals and health departments in Texas are investigating cases of H1N1. People with H1N1 are asked to stay home while they are sick. People who live or work with anyone who has H1N1 flu are being interviewed and tested.

Steps HCC has taken:

Texas has approximately 570,000 courses of subsidised antivirals (Tamiflu and Relenza) available for purchase. HCC was allowed to purchase a limited amount of the antiviral medication for HCC employees through an interlocal agreement with the University of Texas Health Services located in the Medical Center.

What you should know:

•**Tamflu details:** The 10 capsules of Tamflu constitute 1 dose of drug or enough for 1 patient to have 5 days of treatment, taking 1 capsule twice a day.

•**Relenza details:** Relenza comes with 20 powder packets, (4 powder packets per card, 5 cards come with each course). Patients use 2 packs in the morning and 2 packs in the evening. A total of 4 packs a day for 5 days of treatment.

•**Prescribing Antivirals :** antiviral medication must be prescribed by a doctor. This means the treatment can only be obtained if you test A positive.

The only time HCC will have the antiviral prescribed will be during an H1N1 flu pandemic.

If an employee becomes ill, with flu-like symptoms, the employee will call the University of Texas Health Services at (713) 500-3248 for an appointment to see one of the physicians. The address is 7000 Fannin Street Suite 1620, Houston, TX 77030. Office hours M-F 8-5

•**Payment** for the office visit will be in the following methods: Private insurance, self pay, and workers comp for those exposed at work. (Cost of each antiviral medication \$20.00 each)



H1N1 Flu — Questions and Answers



The 2009 H1N1 Influenza Virus

**For more information, contact
HCC Risk Management Office
(713) 718-5100**

H1N1 Flu — Questions and Answers

What is H1N1 flu?

H1N1 flu is a lung 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. People with H1N1 can infect others starting from 1 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 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, call your doctor, local clinic or health department.

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

Adults and children 5 years and older should stay home and rest

for 7 days after their symptoms start or until 24 hours after their symptoms end, whichever is longer.

Children under 5 should stay home for 10 days or until 24 hours after their symptoms end, whichever is longer.

Is there a vaccine to protect against H1N1 flu?

Yes. There is a vaccine under development for H1N1 flu that is expected to be available by mid October 2009.

What is Seasonal Flu Vaccine?

The Seasonal Flu Vaccine does not provide protection against H1N1 flu but is important in protecting you from other flu viruses that can make you sick, or sicker.

