



**Not the seasonal flu
Who's Infected**

Everyone at Risk

With the new influenza A (H1N1), a substantial proportion of the cases of severe illness and death has occurred among young and previously healthy adults.

In addition, severe illness and deaths have also been reported in adults with underlying medical conditions including: chronic lung or cardiovascular disease, diabetes, immunodeficiencies and obesity.

Moreover, pregnant women may be at increased risk of complications from new influenza A (H1N1).

What will happen if it gets severe?

To slow the spread of infection:

- Schools may close
- Public gatherings canceled
- U.S. workforce reduced by as much as forty percent
- Limited businesses open
- Banks, government offices, and public utilities may be closed.
- Transportation restrictions
- Food, fuel, and other essentials are limited to stores & retailers.
- Pandemics hit communities all over the world at the same time.
- No region will be able to depend on outside assistance .
- We will need to pull together
- Help each other
- Could last month's or even a couple years until vaccines are manufactured and distributed.

Resources for info

PandemicFlu.gov
www.cdc.gov/h1n1flu/
www.hhs.gov
www.pandemicflu.utah.gov



Be Clean! Stay Healthy!

**Be Informed, Have a Plan,
Stock Supplies, Be Clean,
Stay Active & Eat Healthy**

Pandemic Flu Basics

The info you "need" to know about the A (H1N1) Flu Pandemic

Q & A

What is a Pandemic?

Pandemic is an epidemic of infectious disease that is spreading through human populations across a large region; for instance a continent, or even worldwide.

When was the last major Pandemic?

In the 20th century alone, large pandemics occurred in 1918, 1958, and 1967. Deaths totaling over 100 million people worldwide. No one can prevent a flu pandemic, but we can all be better prepared for one.

When will the next Pandemic occur?

On June 11, 2009, the World Health Organization (WHO) signaled that a global pandemic of novel influenza A (H1N1) was underway by raising the worldwide pandemic alert level to Phase 6 (out of 8). This action was a reflection of the spread of the new H1N1 virus, not the severity of illness caused by the virus. At the time, more than 70 countries had reported cases of novel influenza A (H1N1) infection and there were ongoing community level outbreaks of novel H1N1 in multiple parts of the world.

H1N1 Background

Remember, the Spanish Flu in 1918 was caused by a *type* of H1N1 virus.

Novel influenza A (H1N1) is a new flu virus of swine origin that first caused illness in Mexico and the United States in March and April, 2009.

Since the WHO declaration of a pandemic, the new H1N1 virus has continued to spread, with the number of countries reporting cases of novel H1N1 nearly doubling.

Countries reporting the largest number of confirmed cases include: the United States of America (4,714), Mexico (3,103), Canada (496), Japan (125), Spain (103)...

How's this virus transmitted?

It's thought that novel influenza A (H1N1) flu spreads in the same way that regular seasonal influenza viruses spread, mainly through the coughs and sneezes of people who are sick with the virus, but it may also be spread by touching infected objects and then touching your nose or mouth.

What are the symptoms?

Novel H1N1 infection has been reported to cause a wide range of flu-like symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. In addition, many people also have reported nausea, vomiting and/or diarrhea.

