

## Influenza A (H1N1) or Swine Flu

Influenza A (H1N1 flu) is referred to as swine flu which normally occurs in pigs. People can get H1N1 flu if they have direct contact with an infected pig or person. Cases of H1N1 flu have been identified in Mexico, the United States, and other countries. A number of cases have been found in New York City. Most patients with H1N1 flu have had mild illness. In the US, severe illnesses from H1N1 flu has been rare.

### How does H1N1 flu spread?

It spreads from person-to-person through coughing and sneezing, just like the way seasonal flu spreads. You can also get infected by touching something with flu viruses on it and then touching your mouth or nose. You can not get H1N1 flu from touching or eating pork. Pork and pork products should always be fully cooked so it is safe to eat.

### Recognize the signs and symptoms of flu and allergy:

Common cold, seasonal flu or H1N1 flu	Allergy
Fever, cough, sore throat, body aches, headache, chills and fatigue. <i>For H1N1 flu , some people also report diarrhea and vomiting.</i>	Sneezing and stuffy nose Coughing Itchy throat, eyes and nose Red and watery eyes

### If you have flu-like symptoms, the NYC Department of Health recommends staying at home to help prevent spreading the flu or H1N1 to others:

- Stay at home for 7 days after the first day of fever or at least 24 to 48 hours after you get better from all the symptoms, whichever is longer.
- If you need medical care, let your doctor know:
  - you have flu symptoms
  - if you recently traveled to Mexico, or have been in contact with a person with suspected or confirmed case of H1N1 flu

### Should I be tested or treated for H1N1 flu if I have symptoms?

Your doctor will probably not test you for H1N1 flu virus. The test must be done in a special laboratory and only for serious cases. Medication is not necessary if you have mild illness and do not have another health problem that puts you at risk for serious flu.

### Will a flu shot protect me from getting H1N1 flu?

No, a regular flu shot will not protect you. There is no vaccine available yet for H1N1 flu but may be developed.

### Take these steps to protect yourself and your family from getting H1N1 flu , cold or seasonal flu:

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| <ul style="list-style-type: none"> <li>• Encourage everyone to cover their nose and mouth when coughing or sneezing. You can cough or sneeze into a tissue or into the elbow.</li> <li>• If you get sick with flu-like symptoms, stay home from work or school. Also limit contact with others to keep from passing it on to others.</li> <li>• Do not spit on the street.</li> </ul> | <ul style="list-style-type: none"> <li>• Wash your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol-based hand sanitizers.</li> <li>• Avoid touching your eyes, nose or mouth. Germs spread this way.</li> <li>• Avoid close contact with sick people.</li> </ul> |
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For more information, check the websites of NYC Department of Health and Mental Hygiene ([www.nyc.gov/health](http://www.nyc.gov/health)), and Center for Disease Control and Prevention. ([www.cdc.gov/swineflu](http://www.cdc.gov/swineflu))

This education material was developed for you by the Charles B. Wang Community Health Center. The content has been reviewed by clinical staff. The material is not a substitute for professional medical advice, diagnosis or treatment. See your doctor or qualified health care provider if you have a medical condition or questions about a medical condition.

## 甲型流感 (H1N1) 或豬流感

甲型流感 (H1N1) 也稱為豬流感，是在豬隻中常見的流感。與受感染的豬或人接觸可能會傳染上H1N1。在墨西哥、美國及其它國家都已經發現H1N1的病例。紐約市也發現了一些病例，但大部分患有H1N1的病人病情都很輕微。在美國，病情嚴重的H1N1很少見。

### H1N1是如何傳播的？

H1N1主要是通過人咳嗽和打噴嚏時傳染的。如果你觸摸了帶有流感病毒的物品，然後又觸摸自己的嘴巴或鼻子，你也可能因此受感染。接觸或食用豬肉不會患上豬流感。豬肉及豬肉制成品經煮熟後能安全食用。

### 流感及過敏症狀的分別：

普通感冒、季節性流感或H1N1	過敏
發燒、咳嗽、喉嚨痛、全身酸痛、頭痛、打冷顫及疲倦。  有些患H1N1的人會出現腹瀉或嘔吐。	打噴嚏及鼻塞 咳嗽 喉嚨、眼睛及鼻子發癢 眼睛發紅或流淚

如果你有流感症狀，紐約市衛生局建議你留在家中，以免將流感或H1N1傳染給他人：

- 從發燒的第1天起留在家中7天，或待所有症狀好轉後再留在家中至少24至48小時，以最長的時間為準。
- 如果你需要醫療護理，應預先告訴醫生：
  - 你有流感症狀
  - 你是否最近去過墨西哥，或接觸過疑似或確診H1N1的人

### 如果我有症狀，我應接受H1N1檢查或治療嗎？

醫生可能不會給你做H1N1病毒的檢查。這種檢查必須在特別的實驗室裏進行，只有病情嚴重的患者才需做此檢查。如果你的症狀輕微，或沒有其它健康問題引起嚴重流感，你不必用藥！

### 一般的流感疫苗可以預防H1N1嗎？

不能。一般的流感疫苗不能給你提供預防性的保護。至今還沒有可以預防H1N1的疫苗。

### 採取以下日常措施來幫助自己和家人預防豬流感：

- 提醒每個人在咳嗽和打噴嚏時蓋住自己的嘴巴和鼻子，你可以對著紙巾或者自己的肘部咳嗽和打噴嚏。
- 如果你有流感癥狀，請留在家裏，不要去上學或上班。盡量減少和他人接觸，以免將流感傳染給他人。
- 不要隨地吐痰。
- 常用肥皂和清水洗手，特別是在咳嗽或打噴嚏以後。酒精類的手部清潔液同樣有效。
- 避免觸摸你的眼睛、鼻子或嘴巴。病毒就是這樣傳播的。
- 盡量不要避免接觸已經患病的人。

**如果出現嚴重癥狀，  
去醫院或致電醫生：**

#### 兒童

- 呼吸困難
- 不願意喝足夠的液體
- 昏迷不醒或者易怒
- 小孩不願意被抱著
- 發燒，並且長出疹子

#### 成人

- 呼吸困難或急促
- 胸口痛
- 神志不清
- 嘔吐嚴重

諮詢更多詳情，請瀏覽紐約市健康與心理衛生局網頁[www.nyc.gov/health](http://www.nyc.gov/health) 及疾病預防控制中心網頁[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)。

本教育資料由王嘉廉社區醫療中心為你撰寫的。其內容經醫療中心醫務人員審閱，但不能代替專業醫生的意見、診斷或治療。如果出現任何醫療狀況，或有任何疑問，請諮詢你的醫生或其他持有執照的醫務人員。