FOLLOWING AN INFECTION WHAT DO YOU HAVE? WAYS TO AVOID FLU Health officials recommend most people get a flu shot — including for the H1N1 virus Symptoms to consider when making your own preliminary diagnosis: Vaccination Influenza Antiviral medications car help people feel better if Vaccination provides up to 90% protection taken within 48 hours of Flu viruses constantly mutate, making it tough for our immune defenses to recognize Swine flu shots should onset of symptoms be ready by October the virus and combat it. Since the current strain of the H1N1 virus (known as swine It takes about two weeks before protection flu) is relatively new, it may be more contagious than seasonal flu, although it seems no more virulent and most cases should be resolved without significant medical begins intervention. Here is a look at how flu infections spread: H1N1 vaccination will be Dry cough in two doses, a couple weeks apart; healthy adults may only need one Chest pains H1N1 vaccination John goes to work feeling fine; while he is out to lunch, Jill sneezes into her hands and then Karen takes her son Billy to the playground; he plays with his friends — some sneeze and Seasonal flu vaccination is one shot, but for children under 9 they may need two seasonal flu cough over the equipment; fortunately, Karer uses alcohol wipes on Billy before he uses John's phone and keyboard; working during the afternoon, John picks up virus on his hands; while leaving, he rubs Severe fatigue can rub his nose or eyes; they shots, bringing the total to his eyes and transfers virus into his system return home free of virus Studies of office equipment Severe aches found that 66% of viruses survived for an hour; Wash hands NOTE: H1N1 virus also causes some 33% survived for Wash hands five times a day for at least 20 seconds; this is what it takes to Cold ent the spread of germs Colds are caused by a different virus; symptoms are and viruses; less than half the people wash this long less severe — and they come on more gradually than flu Stuffy nose Hacking cough Flu can survive on a bill for up to 10 days if someone with a virus Mild fatigue Billy your hands after paying virus to for that fast (3) John Wear mask kisses Masks can be worn by sick people so any droplets they John enjoys an evening with family; unfortunately, he does Strep throat Karen goodbye expel do not easily land on objects or people; most masks are not as effective if worn by A sore throat, but no stuffy and gives nose, may mean it's a streptococcal bacterial not realize that he is spreading virus her the John people who are well trying to avoid breathing in a virus infection - antibiotics carries around the house; it can take a day or so virus back to after you become infected before you show signs of illness Pus on tonsils John and Billy share bowl of popcorn; now Billy has virus 1 Driving to work, John starts feeling symptoms — mild headache, low fever and returns home (5) Stomach flu Virus enters via mouth The disease is at its most and multiplies in small intestine; symptoms can contagious levels and Karen contagious levels and Karen tries to protect herself from breathing in the virus; on the morning of the fourth day John's fever is gone and he figures he can go back to appear in a few hours, but usually take a day; food poisoning typically is a bacterial infection, Prescription antiviral medications, if taken within a day or two after symptoms such as E. coli onset, can reduce severity Flu symptoms work; unfortunately, he is still shedding thousands of flu viruses when he exhales usually come on quickly; in less than 24 hours, John and Billy have high fevers, severe aches at fatigue; the next three days are spent in bed, miserable; Karen gives them acetaminophen, John and Billy need to be symptom-free for 24 hours before returning to work or school; some After three days, Vomiting Billy's symptoms don't lessen and Karen wonders if nonprescription flu older, younger or weaker people car still be contagious for a couple of medications and plenty of fluids 1111111 1111111 she should seek DAY 1 DAY 2 weeks because their immune system has a harder time eliminating the virus medical help THIRTY THIRTY DAY 3 DAY 4 Diarrhea Source: U.S. Centers for Disease Control and Prevention, Central Laboratory of Virology, Flufacts.com Graphic: Scott Brown, Orange County Register

Headache

High fever

Chills

Sneezing

Mild sore

can help

High fever

Very sore

Fatigue