

# Fight Flu

## Symptoms and Information

### **Symptoms**

Symptoms include fever, cough, runny nose, sore throat, body aches, fatigue and lack of appetite.

### **Facts on H1N1 flu virus**

#### **Swine Influenza**

Swine influenza is a respiratory disease of pigs caused by the *influenza A* virus.

#### **H1N1 flu virus**

Swine influenza viruses do not normally infect humans. From time to time, human infections do occur, resulting in the H1N1 flu virus. H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the regular human seasonal influenza.

#### **Transmission**

Sometimes, humans and animals can pass strains of flu back and forth to one another through direct close contact. When a swine influenza virus does affect a human, there is also a risk that the animal influenza can mutate from person to person when germs enter the nose and/or throat.

More investigation is needed on how easily the virus spreads between people, but it is believed that it is spread the same way as regular seasonal influenza. Influenza and other respiratory infections are transmitted from person to person when germs enter the nose and/or throat.

#### **Flu Shot**

It is unlikely that the seasonal flu shot will provide protection against H1N1 flu virus. The flu shot will protect against the seasonal flu, which is still circulating in Mexico.

#### **Pandemic**

Pandemic influenza is defined as a new influenza virus that spreads easily between humans and affects a wide geographical area. More information is needed to determine how easily this virus spreads.

#### **Vaccine**

A vaccine is any preparation intended to produce immunity to a disease by stimulating the production of antibodies. Canada has a plan for a vaccine to be produced domestically if a pandemic occurs, which will take about six months once the virus is defined. Enough pandemic vaccine will be produced to cover all Canadians.

**Antivirals**

Antivirals are drugs used for the prevention and early treatment of influenza. Two antivirals that appear to be effective in treating this illness are oseltamivir (Tamiflu) and zanamivir (Relenza)

**For more information visit**

**[www.fightflu.ca](http://www.fightflu.ca)**

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