

## 1. What is influenza?

This is a virus that every winter causes fever and cough.

**2. What is different about H1N1 Influenza?** This virus is a new mutation so anyone exposed to the virus will likely become infected.

**3. What kind of symptoms can H1N1 cause?** All the symptoms are similar to the usual winter flu, so high fever, muscle aches, headache, sore throat and cough are most common.

## 4. Is this flu worse than usual flu?

So far, this appears to be a mild version of flu.

**5. Should I get tested if I think I have H1N1?** Probably not. Testing is recommended in patients with certain high risk underlying conditions like heart, lung disease, or immune problems, since complications from flu are more common in this group.

## 6. If I get H1N1, should my doctor prescribe antibiotics?

This is a viral illness and antibiotics only help with bacterial infection.

**7. Is there a medicine that fights viruses like flu?** There are three antiviral medications for flu and two appear to be effective for H1N1 so far. A serious concern is that if the medicines are over used, then resistance will develop and no treatment will be available for any patient.

## 8. Does treatment help?

Treatment shortens the course of disease by about a day, but does not lessen symptoms.

**9. Who should get treatment if they have H1N1 Influenza flu?** Current recommendations are that only certain patients should get treated with these medicines. Treatment is recommended for high risk patients and for preventative treatment for high risk household contacts. As always, immunization may be the best way to prevent influenza. H1N1 vaccines are currently being developed and may be available by fall. Children should still get the routine seasonal flu vaccine too.

**10. Are there complications of H1N1?** Like every flu virus, bacterial complications like ear infection and pneumonia can follow flu. Most patients with H1N1 improve without treatment in 2-3 days. If your child has flu symptoms that do not improve or start getting worse by day 4, see your physician.

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