



# COUNCIL on AGING

YOUR SOURCE AND VOICE ON SENIOR ISSUES

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The mission of Council on Aging is to transform Charlotte-Mecklenburg into a *senior-friendly\** community through education and advocacy.

## CURRENT EMERGING ISSUE STATUS REPORT

**DATE: June 2009**

### IDENTIFIED ISSUE: H1N1 / Swine Flu

H1N1 / Swine Flu is a new type of influenza which has recently been discovered in humans. Outbreak of this new influenza continues to slowly expand in the United States. According to recent reports from World Health Organization (WHO), there are approximately 9,000 cases in the United States, which has resulted in 15 deaths.

Swine flu is caused by type A (H1N1) influenza virus that regularly causes outbreak among pigs.

#### How Does it Spread?

The H1N1 virus spreads from human to human and can cause illness. It can spread through coughing, sneezing, or contact by an infected person. To prevent spreading this infection, people should cover their mouth and nose with a tissue when coughing, and wash their hands regularly. For more information concerning H1N1 / Swine flu, please see the [Centers for Disease Control and Prevention \(CDC\)](#) website.

The H1N1 / Swine Flu virus is not transmitted to humans through pork products which are hygienic.

#### Symptoms of H1N1 / Swine flu:

- Fever
- Cough
- Headache
- Muscle and joint pain
- Sore throat
- Runny nose

*It was also found that people may suffer from illness such as pneumonia, respiratory failure, vomiting, diarrhea, etc.*

## **Travel Precautions:**

The Centers for Disease Control and Prevention is recommending strict precautions for people who are traveling in and out of the country to prevent the risk of illness. For more information, on travel precautions, click [here](#).

## **Prevent the Spread of Infection!**

- Stay informed about the causes, symptoms and prevention of the illness.
- Avoid contact with ill persons.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water or alcohol-based hand gel.
- If you think you are ill with the flu, avoid close contact with others as much as possible.
- Do not go to work, school, or travel while ill. Stay at home.
- Seek medical care if you are severely ill.

## **WHAT YOU CAN DO:**

- Print and share this information with family, friends and neighbors!
- [What can I do](#) to protect myself from catching influenza?
- Be proactive! Learn more about Council on Aging's [Senior Disaster Registry!](#)

*\*A senior-friendly community allows aging adults to maintain independence, dignity and quality of life*