



Concerned about the 2009 H1N1 Flu {Swine Flu}?

The Centers for Disease Control and Prevention and the World Health Organization are both in agreement that as of now, travel within the U.S. is safe, and there are no restrictions on travel or group gatherings. However, because NeighborWorks® America has an important relationship with our Training Institute participants, we want you to know we take the potential risk of H1N1 flu seriously. We are prepared to work with our host hotels — who are taking special measures in terms of housekeeping and supplies — to assist you in an emergency. Our goal is to enhance your sense of security so you can concentrate on your class participation and get the most from this valuable training opportunity.

- Frequently asked questions about the swine flu —

see the reverse side of this page for information on swine flu, including ways we can all control its spread.

- Assistance during the class day —

If you are experiencing symptoms severe enough to lead you to believe you may have contracted the flu, and not a cold, please contact the Gaylord National Hotel and Convention Center Security for assistance or you can reach an event manager at our Institute Office located in the Presidential Boardroom, Hotel Ballroom Level, and we will direct you to medical help and take other steps, such as notifying your instructors of your absence or providing assistance if you need to leave the event early. If you are on a site visit, please touch base with your instructor.

- Assistance after hours —

NeighborWorks® Training Institute has managers on duty that can be reached from the reception desk of your hotel.

- Information on the closest hospital or medical center —

In case you or your emergency contact needs to know, the nearest hospital or medical center is approximately 8 miles from the Training Institute:

Fort Washington Medical Center
11711 Livingston Road
Fort Washington, MD 20744
301-292-7000
www.fortwashingtonmc.org

Inova Alexandria Hospital
4320 Seminary Road
Alexandria, VA 22304
703-504-3000

We hope this allays any concerns, and that you enjoy your time at the Institute.

Questions and Answers about 2009 H1N1 Flu {Swine Flu}

What is the 2009 H1N1 Flu {Swine Flu}?

2009 H1N1 Flu {Swine Flu} is a new influenza virus that regularly causes illness in people. Viruses may circulate throughout the year, but most outbreaks occur during the late fall and winter months.

What are the symptoms of H1N1 flu in humans?

The symptoms and severity of swine flu in people are similar to the symptoms of regular influenza, including:

- Sudden fever higher than 100.4° F
- Chills
- Muscle aches or pain
- Headache
- Difficulty breathing
- Feeling of weakness and/or exhaustion
- Cough or sore throat
- Runny or stuffy nose
- Diarrhea, severe or persistent vomiting, abdominal/chest pain/pressure

Please note that these symptoms are much more severe than those associated with the common cold — particularly the fever and muscle aches.

Can people catch swine flu from eating pork?

No. Swine influenza viruses are not transmitted by food. You can not get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

Is the H1N1 Flu {Swine Flu} contagious? How does it spread?

Yes. Human-to-human transmission of H1N1 flu can also occur in the same way seasonal flu transmission occurs, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can it be controlled?

Protection/control measures are the same as with any strain of influenza:

- Frequent hand-washing with soap and water for at least 20 seconds, or use of antibacterial hand sanitizer
- Coughing and sneezing into the crook of your arm, rather than into your hands
- Staying home and away from those who are not infected if you are sick with the flu

How can a human infected with H1N1 influenza be diagnosed?

To diagnose this influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness. However, some persons, especially children, may shed the virus for 10 days or longer. Identification as a H1N1 flu requires sending the specimen to the CDC for laboratory testing.

What medications are available to treat swine flu infections in humans?

There are four different antiviral drugs that are licensed for use in the US for the treatment of influenza: amantadine, rimantadine, oseltamivir and zanamivir. At this time, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine flu viruses.

Source: Centers for Disease Control and Prevention, Somerville Health Department. For more information or updates, visit the Centers for Disease Control and Prevention web site at <http://www.cdc.gov/>.