

## DOCTOR DISCUSSION GUIDE

# Managing H1N1 Swine Flu

H1N1 swine flu caused a major flu pandemic in 2009–2010. Although the pandemic is over, the virus is still around causing illness. Asking the right questions during your conversation with your doctor will help you know what to expect and how to better navigate this condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Influenza</b>	A viral respiratory infection, commonly called “the flu.”
<b>Influenza A</b>	The most common type of flu. There are many subtypes of influenza A, but in general, these strains of flu are the most likely to cause serious illness, hospitalization, or death. H1N1 swine flu is a strain of influenza A.
<b>Influenza B</b>	The strain of flu that often causes illness later in the flu season. It can be serious but is less likely to lead to hospitalization and death than influenza A.
<b>Flu Vaccine</b>	A shot or nasal spray vaccine that provides some immunity to the strains of influenza that are included in the vaccine for the season. The strains that are included in the vaccine usually change slightly each year depending on what scientists and public health officials believe is most likely to make people sick during the following flu season.
<b>Seasonal Influenza/Flu</b>	Refers to the typical flu “season,” the four to six months in which activity is elevated around the country.
<b>Pandemic</b>	An outbreak of a disease or illness all over a country or around the world.



### Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage H1N1 swine flu.

#### About Symptoms

- Are there any differences between the symptoms of H1N1 swine flu and seasonal flu?
- What symptoms should I be concerned about if I get H1N1 swine flu?

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#### About Causes & Risk Factors

- How do I get H1N1 swine flu?
- Who is most at risk for getting H1N1?
- Will the flu shot protect me against H1N1 swine flu?
- Can I get H1N1 swine flu if I'm around pigs?

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#### About Diagnosis

- How will you know if I have H1N1 swine flu?
- Is there a rapid flu test that can diagnose H1N1 swine flu? Is it accurate?
- If my flu test is negative, could I still have H1N1 swine flu?

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#### About Treatment

- What is the treatment for H1N1 swine flu?
- Are antiviral flu medicines effective against this type of flu?
- Are there any other medicines that can help?

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#### About Coping

- How long will the symptoms last?
- When should I be concerned enough to seek emergency care? Is H1N1 swine flu an emergency?
- What can I do to avoid spreading H1N1 swine flu to others if I get it?

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