

Commonly asked questions about Novel H1N1 Flu

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See a video from Gen. Martin Dempsey, TRADOC Commander, [here](#).

What is H1N1 Flu?

"Novel" H1N1 (referred to as "swine flu" early on) is a new influenza ("Flu") virus causing illness in people. This virus is spreading from person-to-person, probably in much the same way that seasonal influenza viruses spread.

How does Flu spread?

Flu viruses are spread mainly from person-to-person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouths or noses. H1N1 Flu virus is thought to spread in much same way as the seasonal Flu viruses.

Novel H1N1 viruses are NOT spread by food. You cannot get infected with Novel H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

How can I prevent the spread of Flu?

Healthy habits will help keep you and others from getting and passing on the Flu virus, including H1N1.

- Wash your hands often with soap and hot water or alcohol-based hand rub, especially after coughing and sneezing
- Cover your mouth and nose with a tissue whenever you cough or sneeze. Throw used tissue away in a wastebasket.
- Cough or sneeze into the fold of your elbow or upper sleeve if you don't have a tissue.
- Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body
- Avoid kissing or shaking hands when greeting people, and do not share food, drinks or utensils.
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