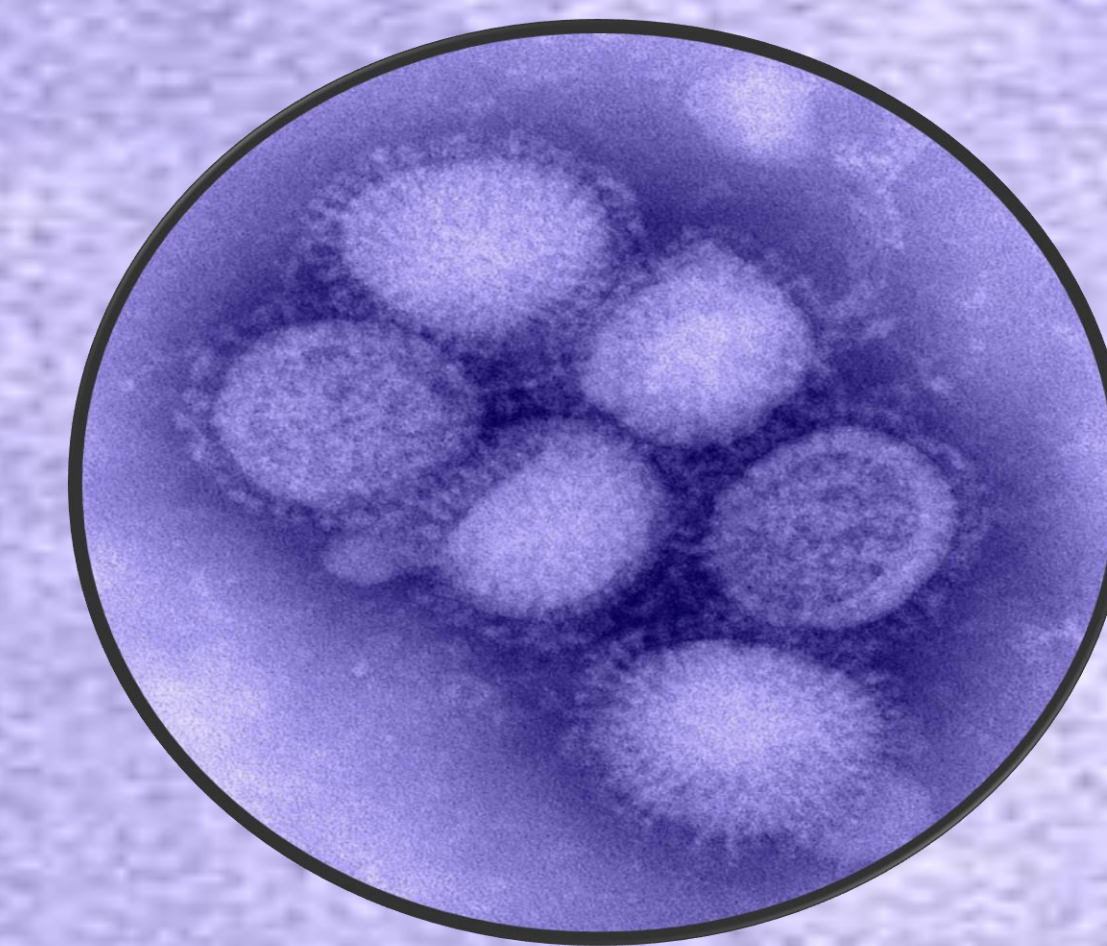




H1N1 – The Facts Behind the Rumors

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Mission

Do you fear the Swine Flu? Why do you fear it? How much do you know about it? Ever since the “Swine Flu” was made publicized, various rumors and exaggerations have spawned in the U.S. community and people have grown to fear a potential danger that they know very little about. There has been much confusion about what it actually is. I wish to end the misunderstandings concerning this disease, so that, at least in my own community, people will be well-informed.

General Info

- The H1N1 actually has a mixture of genes from human, pig and bird influenza.
- The influenza virus has many forms and it is constantly evolving. This is the reason why vaccinations are necessary every year.
- H1N1 is the most common sub-type of influenza type A. The current pandemic virus is a new strain of this sub-type.
- It is impossible to catch the H1N1 from eating pork.

Are You At Risk?

- Nearly all 2009 H1N1-related deaths happen due to underlying conditions or co-infections in the patients. People who are completely healthy are at little risk for life-threatening influenza infections.
- People with the following conditions are at greater risk for complications during infection: pregnancy, cancer, blood disorders, lung disease, diabetes, heart disease, kidney disorders, liver disorders, neurological or neuromuscular diseases, or weakened immune systems.
- Co-infections are more common in children under 5 years old.

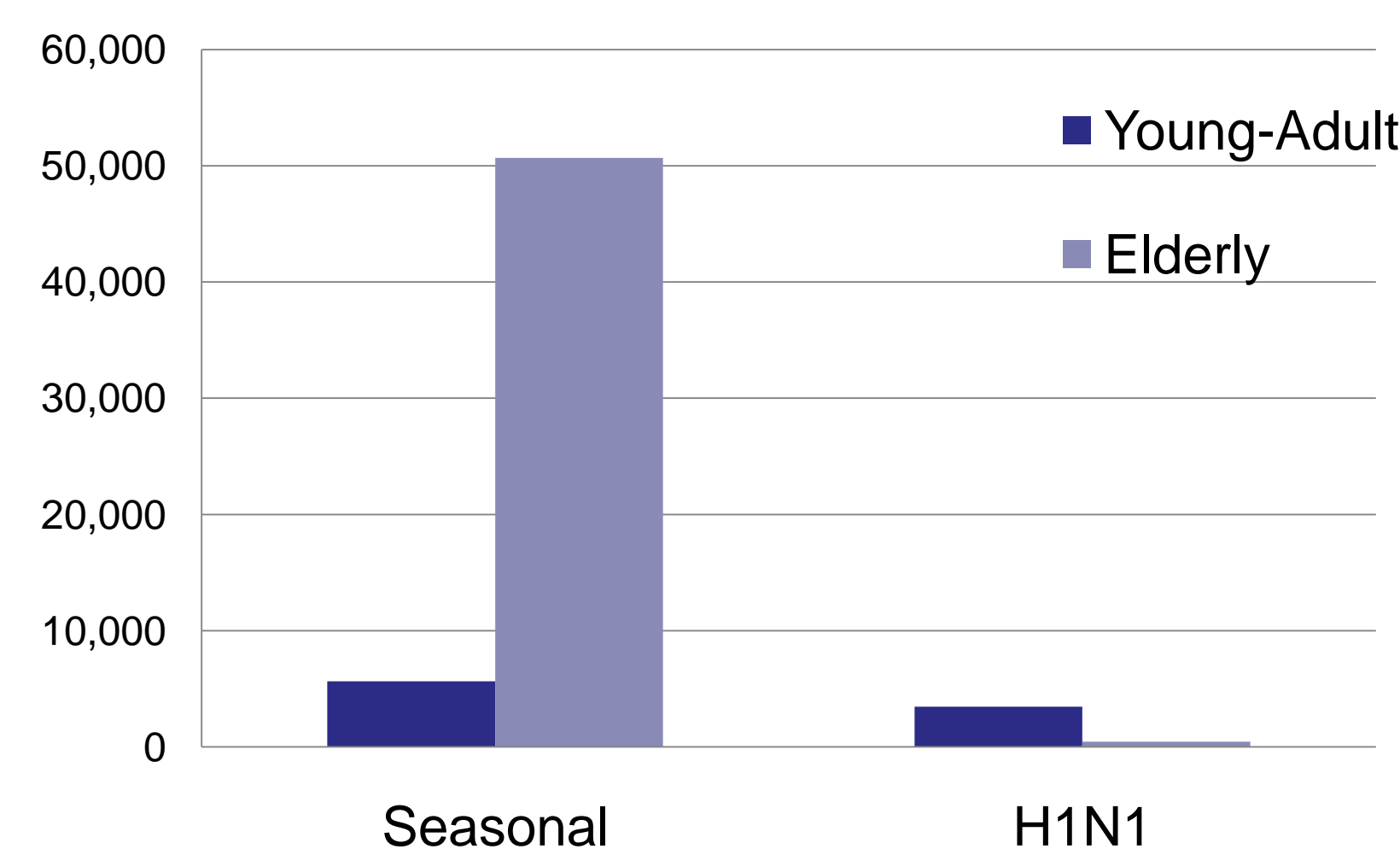
Concerned parents hear about a potential danger and ask for school closures as a precaution.



The Numbers

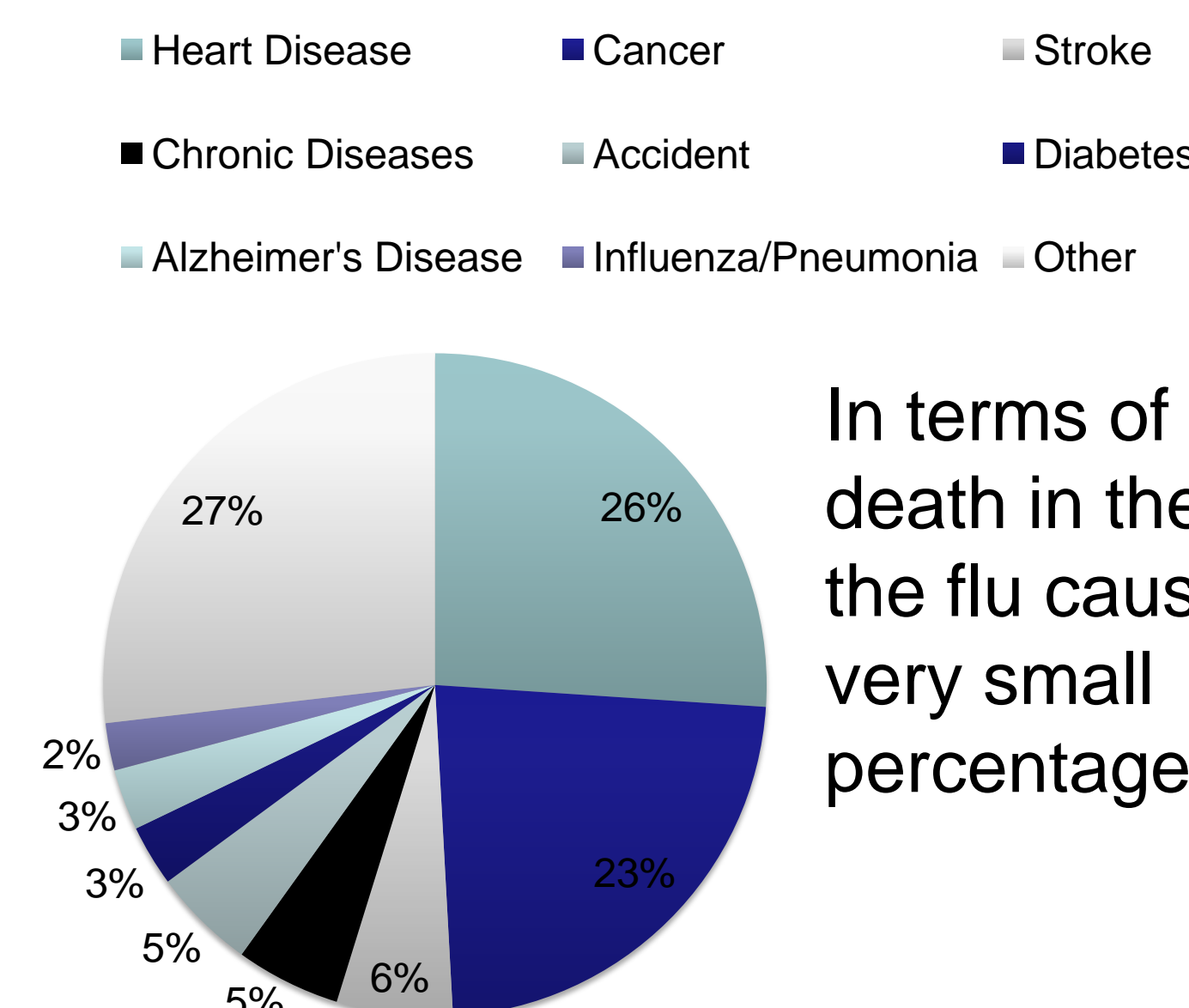
- Of the estimated 22 million infected Americans, only 98,000 have required hospitalization (**1 of every 225**).
- There have been only an estimated 3,900 H1N1-related deaths (**1 of every 5641** infections).
- The seasonal flu kills an estimated 56,000 Americans every year.
- The seasonal flu contributes to only 2.3% of the total number of deaths in the US (1 of every 43).

Yearly Seasonal Flu Death in US vs H1N1 Death in US 2009



Even though it is known that H1N1 affects far more young people than the elderly, it is still more likely that a young adult will contract the seasonal flu rather than H1N1.

Top Causes of Death in US



In terms of total death in the US, the flu causes a very small percentage.

Seasonal Flu vs. H1N1

- With H1N1, it is more common for someone to experience nausea and a stomachache. Otherwise, symptoms are identical.
- The seasonal flu virus can only thrive during cold weather. If someone experiences flu-like symptoms off-season, it can be assumed to be the 2009 H1N1.
- Unlike the seasonal flu which mostly attacks the elderly and very young, the H1N1 more greatly favors the young to middle aged. However, the seasonal flu still claims more young victims per year than the H1N1 has this year.

H1N1 Vaccine

- The H1N1 flu vaccine is made the same way as the seasonal vaccine.
- Allergic reactions to the vaccine are very rare.
- 1 in a million people who receive the vaccine are at risk for contracting Guillain-Barré Syndrome, a rare neurological disorder.
- You cannot contract the flu from a flu shot.

Sources

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