



STATE OF CONNECTICUT

DEPARTMENT OF PUBLIC HEALTH

Video: H1N1 Video Transcript –
Differences Between H1N1 and
Seasonal Flu

Date: January 18, 2010

Section title:
Differences between H1N1 and Seasonal Flu

Title:
Dr. Jacqueline Nwando Olayiwola
Chief Medical Officer Community Health Center Inc.

Dr. Nwando Olayiwola: Hello, my name is Dr. Nwando Olayiwola. I'm the Chief Medical Officer for Community Health Center Incorporated and a practicing family physician. I'd like to talk a little bit about the differences between the H1N1 virus and the seasonal flu virus.

Section title:
What is H1N1?

Dr. Nwando Olayiwola: The H1N1 flu virus, sometimes called the swine flu, is a newer strain of influenza. It is also a respiratory infection caused by a virus. And the virus can spread from people who have it to other people through coughing and sneezing

Section title:
What are the differences between the H1N1 flu and the seasonal flu?

Dr. Nwando Olayiwola: There are differences and similarities between the H1N1 and seasonal flu. They're both flu viruses; however, they are different strains of influenza. None the less, their symptoms may be manifested in similar ways, including fever, cough, body aches, runny nose, chills, headache, fatigue and possibly diarrhea and vomiting. Both of the viruses are spread primarily through person to person contact through coughing or sneezing. In addition, people may also become infected when they touch something that has a flu virus on it and then touch their mouth or nose. The differences are mostly the fact that the H1N1 virus is so new that most people have never been exposed to it and therefore have no immunity.

Section title:
Who is at risk from the H1N1 flu?

Dr. Nwando Olayiwola: Another difference between the H1N1 virus and the seasonal flu is who is impacted. So far the number of cases and deaths reported from H1N1 are fewer among people 64 and over than with the seasonal flu. The CDC also reports that the H1N1 virus has affected those younger than 25 years old as opposed to the older population.

Section title:

How can I tell if I have H1N1 instead of the seasonal flu?

Dr. Nwando Olayiwola: Because symptoms of the seasonal flu and the H1N1 flu are very similar, it may be impossible to distinguish between the two of them on your own. So if you're experiencing flu-like symptoms and are worried that you may have the flu, please contact your healthcare provider. Your healthcare provider will be able to evaluate your symptoms and possibly test you for H1N1, as well as recommend a treatment plan.

Section title:

How to treat the H1N1 flu.

Dr. Nwando Olayiwola: Treatment will consist of rest, hydration, medication, watching and being very aware of when to call a healthcare professional for further evaluation and treatment.

Section title:

How to keep from spreading the H1N1 flu.

Dr. Nwando Olayiwola: It is also critical to help prevent spreading the H1N1 by washing your hands often, coughing or sneezing into your elbow or a tissue, and staying home from work or school if you have a fever or other flu-like symptoms.

Title:

Get vaccinated.

Dr. Nwando Olayiwola: However, the most important thing you can do to protect both you and your family from the flu is to get vaccinated for both the seasonal flu and the H1N1 flu.

Title:

Visit www.ct.gov/ctfluwatch

Or call 211

DPH logo

To find out where you can get vaccinated, contact your healthcare provider, visit www.ct.gov/ctfluwatch or call 211. Thank you.

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Up your flu IQ logo