



## H1N1 – The Swine Flu and You

We are releasing this overview on the Swine Flu in order to educate our patients and their families about what can be done to stay healthy and what to do to help keep others safe from this highly infectious virus.

### Some Quick Facts:

- The H1N1 virus can exist on surfaces for 2-8 hours. Wash your hands with soap and warm water every time you use a tissue in order to help stop the virus from transferring this way.
- The vaccine for this strain is in high demand and will not be released until October of this year – **if you are unable to obtain an H1N1 vaccine and begin experiencing flu like symptoms it is recommended that you remain at home for at least 24 hours after your fever has subsided.** Other studies show that you can be contagious for up to 8 days after initial symptoms begin.
- Unless you are experiencing severe symptoms, (see link below) please call your doctor's office rather than going to the emergency room. This will help stop the spreading of H1N1 in our healthcare facilities.

<http://www.flu.gov/health/index.html> - Symptoms & When to Get Medical Help

### What Desert Cardiology of Tucson is Doing to Help:

- Look for the sanitary station just inside the lobby doors where hand sanitizer, masks and educational materials will be provided. There will also be hand sanitizer available at the reception desk.
- We are asking that patients reschedule their appointments if experiencing flu-like symptoms and we have changed our automated appointment confirmation message to offer that option.
- If you have to cancel your appointment because of symptoms – **we will not charge you a no-show fee** – even if you cancel on the same day.

**For more information on signs, symptoms and treatment please click on the links below:**

<http://www.mayoclinic.com/health/swine-flu/DS01144>

<http://www.flu.gov/health/index.html>

<http://www.flu.gov/individual/checklist.html>

[http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)