

# Frequently Asked Questions about H1N1 (swine flu virus)

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## **What is H1N1 (swine flu)?**

H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in April 2009 in the United States. Other countries that have confirmed cases of this virus include Mexico, South Korea, Hong Kong, Great Brittan, and Canada. The H1N1 virus is an airborne virus that spreads from person-to-person.

## **What should you do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. Keep fresh air circulating within enclosed areas.

## **Can I get H1N1 from eating pork products?**

No, although under cooked pork products can lead to food poisoning or other ailments such as trichinosis.

## **What are the symptoms of H1N1 virus?**

Symptoms of the H1N1 virus are similar to more common forms of flu including but not limited to: congestion, headache, fever, and sometimes nausea. Persons with acute cases can contract pneumonia and other acute respiratory ailments.

It should be noted that you can be a carrier of the virus and not develop symptoms for days after initial contact with virus.

## **Can Icleen’s help reduce the spread of swine flu?**

The Icleen air purifier is the only commercially produced air purifier in the world able to contain the deadly SARS. As a result of their findings, the Hong Kong Hospital Authority selected Icleen to be introduced in virtually every Hospital in Hong Kong to help prevent the spread of the deadly S.A.R.S. epidemic in 2003. The H1N1 (swine flu) virus is actually larger than S.A.R.S. virus on a molecular scale. ( H1N1 is roughly .06 microns in mass and S.A.R.S. virus is roughly .01 microns). The Icleen Hyper HEPA filter is certified efficient 99.5% efficient down to the .003 micron level! Therefore, Icleen purifiers should be your first choice when considering an air purifier, to defend against airborne viruses.