



INFLUENZA A NOVEL VIRUS INFECTION FACT SHEET

WHAT IS INFLUENZA A NOVEL VIRUS INFECTION?

Novel and variant influenza A viruses cause respiratory illness in humans.

HOW DO YOU GET INFLUENZA A NOVEL VIRUS INFECTION?

Novel influenza viruses are spread from person to person (or from birds or other mammals) when the virus gets into a person's eyes, nose or mouth, or is inhaled. Humans, birds, and non-human animals can be sources of infection. Some novel influenza strains, such as H3N2v and H1N1v, have primarily been spread from swine to humans after exposure to swine.

SYMPTOMS

Symptoms range from mild to severe and may include conjunctivitis (pink eye), influenza-like illness (e.g., fever, cough, sore throat, muscle aches) Other symptoms may include: nausea, abdominal pain, diarrhea, and vomiting, severe respiratory illness (e.g., shortness of breath, difficulty breathing, pneumonia, acute respiratory distress, viral pneumonia, respiratory failure), neurologic changes (altered mental status, seizures), and the involvement of other organ systems. It is estimated that symptoms appear 1 to 4 days after exposure.

TREATMENT

Antiviral drugs can be used to treat illness. Discuss treatment options with your doctor.

PREVENTION

The best way to prevent infection with influenza A viruses is to avoid sources of exposure whenever possible.

Wash your hands with soap and water right after you have any contact with animals or their environment.

DGHD EFFORTS

Reports of suspected and confirmed cases of disease are made to the Delaware General Health District (DGHD). The DGHD investigates potential sources of illness, conducts surveillance for the spread of disease, and engages in community outreach and education.