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# H1N1 Flu (Swine Flu)

**Also called: Swine flu**

Swine flu is an infection caused by a virus. It's named for a virus that pigs can get. People do not normally get swine flu, but human infections can and do happen. In 2009 a strain of swine flu called H1N1 infected many people around the world.

The virus is contagious and can spread from human to human. Symptoms of swine flu in people are similar to the symptoms of regular human flu [<https://medlineplus.gov/flu.html>] and include fever, cough, sore throat, body aches, headache, chills and fatigue.

There are antiviral medicines you can take to prevent or treat swine flu. There is a **vaccine** [<https://medlineplus.gov/flushot.html>] available to protect against swine flu. You can help prevent the spread of germs that cause respiratory illnesses like influenza by:

- Covering your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Washing your hands often with soap and water, especially after you cough or sneeze. You can also use alcohol-based hand cleaners.
- Avoiding touching your eyes, nose or mouth. Germs spread this way.
- Trying to avoid close contact with sick people.
- Staying home from work or school if you are sick.

*Centers for Disease Control and Prevention*

## Start Here

- **About Swine/Variant Flu** [<https://www.cdc.gov/swine-flu/about/>] (Centers for Disease Control and Prevention)
- **H1N1 Influenza** [<https://familydoctor.org/condition/h1n1-influenza/?adfree=true>] (American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/condicion/resfriados-y-gripe-es/?adfree=true>]

## Prevention and Risk Factors

- **Influenza (Flu) Vaccine (Inactivated or Recombinant): What You Need to Know** [<https://www.cdc.gov/vaccines/hcp/current-vis/downloads/flu.pdf>] (Centers for Disease Control and Prevention) - **PDF**

## Related Issues

- **Vaccinations and Flu Shots for People with Cancer** [<https://www.cancer.org/cancer/managing-cancer/side-effects/infections/vaccination-during-cancer-treatment.html>] (American Cancer Society)  
Also in Spanish [<https://www.cancer.org/es/cancer/como-sobrellevar-el-cancer/efectos-secundarios/infecciones/vaccination-during-cancer-treatment.html>]

## Specifics


- **About Influenza in Swine (Pigs)** [<https://www.cdc.gov/swine-flu/about/influenza-in-swine.html>]  
(Centers for Disease Control and Prevention)

CDC Risk Assessment and Reporting of Variant Influenza Viruses [<https://www.cdc.gov/swine-flu/variant-flu-in-humans/risk-and-reporting.html>] (Centers for Disease Control and Prevention)

## Statistics and Research

- Weekly U.S. Influenza Surveillance Report [<https://www.cdc.gov/fluview/>] (Centers for Disease Control and Prevention)

## Clinical Trials

- ClinicalTrials.gov: Influenza, Human [<https://clinicaltrials.gov/search?cond=%22Influenza,+Human%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Evaluation of pandemic potential of the genotype 4 (G4) swine influenza... [<https://www.ncbi.nlm.nih.gov/pubmed/40742730>]
- Article: Maternal and late mortality trends, emphasizing the H1N1 and COVID-19 pandemics,... [<https://www.ncbi.nlm.nih.gov/pubmed/40699054>]
- Article: Influenza A virus disruption of dendritic cell-natural killer cell crosstalk impacts... [<https://www.ncbi.nlm.nih.gov/pubmed/40682362>]
- H1N1 Flu (Swine Flu) -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Influenza%2C+Human%22%5Bmajr%3Anoexp%5D+AND+%22Influenza+A+Virus%2C+H1N1+Subtype%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Centers for Disease Control and Prevention [<https://www.cdc.gov/>]  
Also in Spanish [<https://www.cdc.gov/spanish/>]
- World Health Organization [<https://www.who.int/en/>]

## Patient Handouts

- College students and the flu [<https://medlineplus.gov/ency/article/007446.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007446.htm>]
- H1N1 influenza (Swine flu) [<https://medlineplus.gov/ency/article/007421.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007421.htm>]
- Pregnancy and the flu [<https://medlineplus.gov/ency/article/007443.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007443.htm>]
- Your baby and the flu [<https://medlineplus.gov/ency/article/007444.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007444.htm>]
- Your child and the flu [<https://medlineplus.gov/ency/article/007445.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007445.htm>]



## MEDICAL ENCYCLOPEDIA

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## Related Health Topics

Animal Diseases and Your Health [<https://medlineplus.gov/animaldiseasesandyourhealth.html>]

Bird Flu [<https://medlineplus.gov/birdflu.html>]

Flu [<https://medlineplus.gov/flu.html>]

Flu Shot [<https://medlineplus.gov/flushot.html>]

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