



# New Providence Internal Medicine Associates

Paul B. Zukoff, MD, FACP; James J. Hakim, MD, FACP  
571 Central Ave.; New Providence, NJ 07974 (908) 464-7300

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## Treatment



If you do feel ill with the symptoms mentioned here, you may be a candidate for "Tamiflu." This is an anti-viral antibiotic, which if given within 48 hours of the onset of symptoms, can make you feel better somewhat more quickly. If you have sniffles and a sore throat then this is probably not influenza and Tamiflu will not help.

Symptomatic treatment such as Tylenol or ibuprofen, rest, and fluids help quite a bit as well.

If you have significant symptoms, then you ought to be seen for a visit here. If you are very ill, for example with difficulty breathing, then you need to be seen in the emergency department.

Much has been written in the press lately about seasonal and H1N1 influenza, so we'd like to give a summary to clarify some of the issues. For more info, go to [www.flu.gov](http://www.flu.gov)

## What is Influenza



Influenza is viral illness that has been around for many years. Typical symptoms include relatively high fever, significant aches, pains, sweats, and chills.

There is often cough, chest congestion, and nausea. The acute symptoms usually last for 3-5 days, but significant fatigue and lethargy often last for 10 days or more.



## How is H1N1 different?

The symptoms of H1N1 influenza (sometimes called "swine flu") are no different from seasonal influenza. The important differences are that the H1N1 flu has struck in the spring and fall, as opposed to seasonal influenza which occurs in the early winter. Another important difference is

that the H1N1 flu has the potential to be much more severe in younger people and in pregnant women. Anyone over age 65 or so has probably had some past exposure to a similar virus. Since younger people have no previous immunity, the H1N1 flu tends to be very contagious.

## Prevention



The best way to prevent the H1N1 flu is to get shot for it if possible. As of the time of this writing (late October), it is not certain where and when the H1N1 shots will be given.

Avoiding people who are obviously ill is always a good idea. If you are ill, you should stay home and wash your hands frequently until you feel better.