



Board of Chosen Freeholders
SALEM COUNTY DEPARTMENT OF HEALTH
98 Market Street
Salem, New Jersey 08079-1995

856-935-7510 x 8302
856-358-3857
FAX 856-935-8483

Understanding H1N1 Diagnosis

With a high rate of flu in our community this season, H1N1 flu diagnosis can be confusing. The following definitions are from the CDC's guidelines and should clear up any confusion or questions.

- **Influenza A-** This is the umbrella term for a few types of flu, including Pandemic H1N1.
- **Rapid Diagnostic Test-** This is a test that can be done at your local doctor's office, usually by swabbing the nasal passage. This test only determines if you have Influenza A or Influenza B, which is another, more mild type of flu. This does not determine H1N1.
- **Confirmed Case-** For a case to be confirmed according to the local health departments, it must be tested by a CDC certified testing facility. They do very detailed testing to determine the exact strain the person has. These testing facilities are only taking specimens from hospital intensive care units; therefore, the local health departments do not recognize the rapid test results as a confirmation of H1N1.

We would like to remind you that the treatment for any type of flu is the same. Stay Home from Work or School for 24 hours until symptoms are gone. Get plenty of rest. Stay hydrated with clear fluids; water, broth, sports drinks.

Please, Be More Concerned with Getting Well and Preventing Further Spread Rather Than Defining Your Illness!

For more information, please to go www.flu.gov or www.cshealth.org