

## 2009 H1N1 Flu (Swine Flu)

More images [Site last updated August 28, 2009 11:00 AM ET](#)

### Key Flu Indicators

Each week CDC analyzes information about influenza disease activity in the United States and publishes findings of key flu indicators in a report called [FluView](#). During the week of August 9-15, 2009, a review of these key indicators found that influenza activity had decreased slightly in the United States from the previous week. However, there were still higher levels of influenza activity than is normal for this time of year. Below is a summary of the most recent key indicators:

Visits to doctors for influenza-like illness (ILI) were highest in February during the 2008-09 flu season, but rose again in April 2009 after the new H1N1 virus emerged. Current visits to doctors for influenza-like illness are down from April, but are higher than what is expected in the summer.

Total influenza hospitalization rates for adults and children remain low and are well below the seasonal winter-time average of the last four years.

The proportion of deaths attributed to pneumonia and influenza (P&I) was low and within the bounds of what is expected in the summer.

Most state health officials are reporting local or sporadic influenza activity. Two states are reporting widespread influenza activity at this time. Any reports of widespread influenza activity in August are very unusual.

Almost all of the influenza viruses identified were the new 2009 H1N1 influenza A viruses. These 2009 H1N1 viruses remain similar to the viruses chosen for the 2009 H1N1 vaccine and remain susceptible to antiviral drugs (oseltamivir and zanamivir).

### More on the Situation

Background

Learn about the emergence of the 2009 H1N1 virus in the United States and WHO's declaration of a novel H1N1 pandemic.

General Information

Basic information about 2009 H1N1 flu and you, including how to take care of a sick person and what to do if you get sick.

Facts and Figures

A summary of key 2009 H1N1 disease characteristics.

FluView

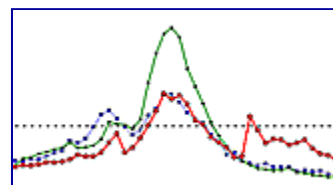
A Weekly Influenza Surveillance Report Prepared by the Influenza

### U.S. Situation Update

Weekly Flu Activity Estimates



U.S. Patient Visits Reported for Influenza-like Illness (ILI)



U.S. Influenza-like Illness (ILI) Reported by Regions



Total U.S. 2009 H1N1 Flu Hospitalizations and Deaths (As of August 27, 2009, 4:00 PM ET)

Reporting States and Territories*	Hospitalizations	Deaths
51	8,842	555

\*Includes the District of Columbia, American Samoa, Guam, Puerto Rico and the U.S. Virgin Islands.

[Division.](#)

[CDC Response](#)

[A summary of CDC activities](#)

[International Situation Update](#)

[The Southern Hemisphere is in the middle of its flu season, and we have reports of what is happening there](#)

[Guidance](#)

[Press Updates](#)

[Q & A: CDC's Online Reporting](#)

## CDC Advisors Make Recommendations for Use of Vaccine Against 2009 H1N1 Flu

- [Summary from the ACIP July 29, 2009 Meeting](#) • [July 29 Press Release](#) **Jul 29**
- [July 29 Press Conference Audio & Transcript](#) **Jul 29**

## General Info on 2009 H1N1 Flu

- [H1N1 Flu & You](#)
- [Antiviral Drugs](#)
- [Taking Care of a Sick Person](#)
- [Novel H1N1 Vaccine](#)
- [Facemask & Respirator Use](#)
- [Images of the Virus](#)
- [Audio & Video](#)
- [Social Media](#)

## Info for Specific Groups

- [Parents & Caregivers](#)
- [Pregnant Women](#)
- [Camps](#)
- [Schools, Childcare Programs, & Colleges](#)
- [Travelers & Travel Industry](#)
- [Clinicians](#)
- [Laboratorians](#)
- [Adults with HIV Infection](#)
- [People With Cardiovascular Disease](#)
- [Businesses and Employers](#)
- [Deaf and Hard of Hearing](#)
- [People in Contact with Pigs](#)

## WHO Pandemic Declaration

- [Statement from HHS Secretary Sebelius & DHS Secretary Napolitano](#)
- [Webcast: U.S. Response to Pandemic Declaration](#)
- [CDC Press Conference Transcript](#)
- [WHO Press Conference](#)

## What You Can Do to Stay Healthy

- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.

- **Take everyday actions to stay healthy.**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety**.
- Call 1-800-CDC-INFO for more information.

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Page last reviewed Aug 28, 2009, 11:00 AM ET

Page last updated Aug 28, 2009, 11:00 AM ET

Content source: [Centers for Disease Control and Prevention](#)

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