

City of Knowledge

Swine Flu Update

Swine flu is a respiratory illness originating in pigs and is caused by a type A influenza virus that usually only affects pigs. However, human infections with swine flu do happen. Public health officials have determined that this strain of swine flu germ spreads from human to human and can cause illness. It is not caused by eating pork or pork products.

WHAT ARE THE SYMPTOMS OF SWINE FLU?

The symptoms of swine flu in people are similar to the symptoms of seasonal flu and may include:

- n Fever
- n Sore throat
- n Cough
- n Stuffy nose
- n Chills
- n Headache and body aches with the possibility of diarrhea and vomiting
- n Fatigue -- feeling very tired

HOW DO YOU GET SWINE FLU?

The germ spreads mainly from person to person through the coughing or sneezing of those infected with the flu. Sometimes people may become infected by touching something with the flu germ on it and then touching their mouth, nose or eyes.

WHAT CAN YOU DO TO KEEP FROM GETTING SICK?

Avoid getting close to sick people.

Clean your hands often with soap and water or alcohol-based hand rub.

Avoid touching your eyes, nose or mouth. Germs spread this way.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and clean your hands.

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE THE SWINE FLU?

- n If you have recently traveled in an area that has positive cases or if you have been in contact with someone who has suspected swine flu, contact your doctor.
- n Your doctor may test you for the swine flu or write you a prescription for medication to treat the flu. Your doctor must also clear you for return to school.
- n Stay home for seven days after the illness starts and fever is gone
- n Get plenty of rest and drink clear fluids.
- n Cover your coughs and sneezes with a tissue.
- n Clean hands often with soap and water or alcohol-based hand rub.
- n Avoid close contact with other people
- n Do not go to work, school or other public places while you are ill
- n Get emergency medical care right away if you have trouble breathing or have chest pain, have

purple or blue lips or skin, have severe vomiting, are dehydrated and/or dizzy, have seizures, or are unresponsive or confused.

Additional information for healthcare providers and patients can be found at:

<http://www.cdc.gov/swineflu/>