

Swine Flu Information

Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

For more information concerning swine flu infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>. For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.

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

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. Severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

To prevent the spread of swine flu:

Avoid contact with ill persons.
When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel. If you think you are ill with flu, avoid close contact with others as much as possible. Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing). There are antiviral medications for prevention and treatment of swine flu that a doctor can prescribe. Do not go to work, school, or travel while ill.

This information has been distributed to: DHSS Senior Staff; DHSS Staff; LINCS Coordinator Backups; LINCS Coordinators; LINCS Epidemiologists; LINCS Health Educators; LINCS Health Officer Assistants; LINCS Health Officers; LINCS Health Planners; LINCS IT Specialists; LINCS Partnership Coordinators; LINCS Public Health Nurses; LINCS Regional Health Planners; LINCS Team Members; LOCAL Health Officers; LOCAL Public Health; Medical Coordination Center Staff; Academic Leaders; Animal Health Organizations; Blood Banks; Business & Industry Leaders; DHSS Program Staff; Emergency Medical Services Organizations; Food Safety Organizations; Health Care Organizations; Hospitals / Veterans; Occupational Health Organizations; Pharmacy Leaders; Public Health Associations; Public Health Council; State & Federal Government Leaders