

Swine Influenza and You

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Swine flu in the news.

Confirmed cases of swine flu in the United States have been attributed to recent travel in Mexico, therefore, it is not advisable to travel to Mexico at this time. NO CASES of swine flu have been reported in Sierra County.

What can I do to protect myself from getting sick?

- * 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 hand cleaners are also effective.
- * Avoid touching your eyes, nose or mouth. Germs spread this way.
- * Try to avoid close contact with sick people.
- * If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills, diarrhea, vomiting and fatigue. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. Contact your health care provider if you experience these symptoms. Your provider will determine whether influenza testing or treatment is needed.

Are there medicines to treat swine flu?

If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

For additional information on swine flu and its prevention, you can contact the addresses found below.

http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_003

<http://www.pandemicflu.gov/>

