



THE SWINE FLU

WHAT IT IS, SYMPTOMS, AND HOW TO FIGHT IT

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THE SWINE FLU IS A COMMON RESPIRATORY AILMENT IN PIGS. HOWEVER, THE STRAIN THAT IS CURRENTLY ON THE RISE, APPEARS TO BE A SUBTYPE NEVER BEFORE SEEN IN PIGS OR HUMANS. UNLIKE MOST CASES OF SWINE FLU, THIS ONE CAN SPREAD FROM PERSON TO PERSON.

HOW DO YOU CATCH IT? Because the disease spreads through microscopic respiratory droplets, you can get sick if someone coughs near you. You also can get sick from touching a surface where droplets have landed, then touching your mouth or eyes. Although people are contagious before they show symptoms, they are most likely to spread the virus when they're coughing.

CAN YOU CATCH SWINE FLU FROM EATING PORK? No. Pigs coming into slaughter facilities are monitored for flu symptoms and those that are ill are not allowed to enter the food supply. Cooking also kills the virus. People who work with pigs, however, can catch the virus.

WHAT ARE THE SYMPTOMS? The most common symptoms are fever, fatigue, lack of appetite and coughing, although some people also develop a runny nose, sore throat, vomiting or diarrhea.

WHAT SHOULD YOU DO IF YOU HAVE THESE SYMPTOMS?

Stay home to avoid spreading to other people. Call your doctor to ask about the best treatment. However, most people recover from the flu just fine at home by staying in bed, drinking lots of fluids and taking something for the pain. Be sure to wash your hands frequently, and cover your mouth when you cough or sneeze. To avoid spreading germs, try not to touch your eyes, nose or mouth.

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HOW TO PROTECT YOURSELF. Wash your hands frequently with soap and water especially after you cough or sneeze. Alcohol based hand cleaners are also effective. Avoid touching your eyes, nose or mouth. There is no conclusive evidence to support using face masks. Surgical masks are designed to prevent the wearer from spreading germs, but may also catch large respiratory droplets if someone sneezes nearby.

WHAT IS THE INCUBATION PERIOD FOR THE FLU? In most cases, infected people develop symptoms within one to four days.

WHEN SHOULD YOU USE A MASK? There isn't any definitive evidence that masks will keep people from getting sick.

IS THERE A VACCINE AGAINST SWINE FLU? No, but, according to the Center for Disease Control (CDC), they have identified the virus and should they decide to manufacture a vaccine, they can work toward that goal very quickly. CDC scientists don't know if this year's flu vaccine offers any protection.

WHAT ABOUT ANTI-VIRALS? CAN THEY PREVENT SWINE FLU? This strain of swine flu does appear sensitive to some anti-viral drugs. With normal seasonal flus, if taken

within the first 48 hours after symptoms appear, anti-virals can help people recover a day or two sooner. Doctors sometimes prescribe anti-virals to household members of people with the flu to prevent them from getting sick.

STATE	NUMBER OF LABORATORY CONFIRMED CASES
California	10 Cases
Kansas	2 Cases
New York City	45 Cases
Ohio	1 Cases
Texas	6 Cases
Total Count*	64 Cases

*Reported by the CDC on April 28, 2009 at 11:00 A.M.

Have an idea for a safety tip? Send your suggestion to:
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