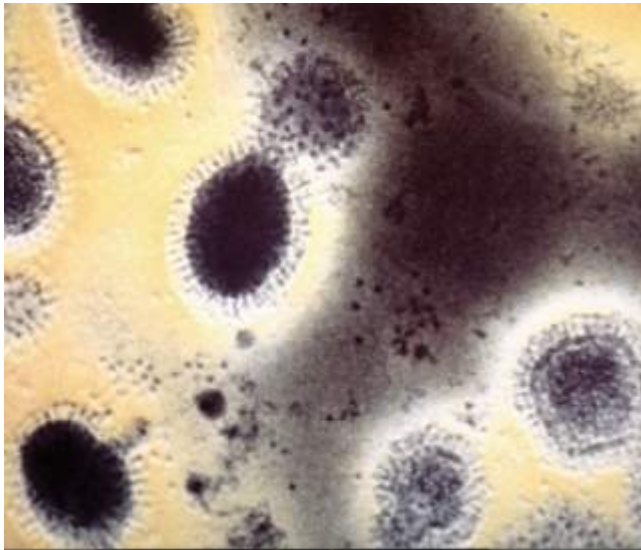




A GUIDE TO SWINE FLU

<http://www.besthealthtips4u.com>

WHAT IS SWINE FLU?

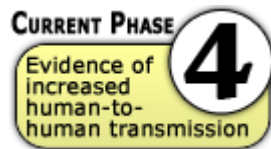


- Swine Influenza (swine flu) is a respiratory disease of pigs caused by Type A influenza viruses that causes regular outbreaks in pigs.
- Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.



IS SWINE FLU CONTAGIOUS?

- Various international agencies (US Centers for Disease Control & Prevention, World Health Organization) have determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.
- WHO has escalated the world Pandemic Phase from Phase 3 to Phase 4 (in a 6-scale Phase), indicating that a worldwide pandemic due to swine flu H1N1 is possible.



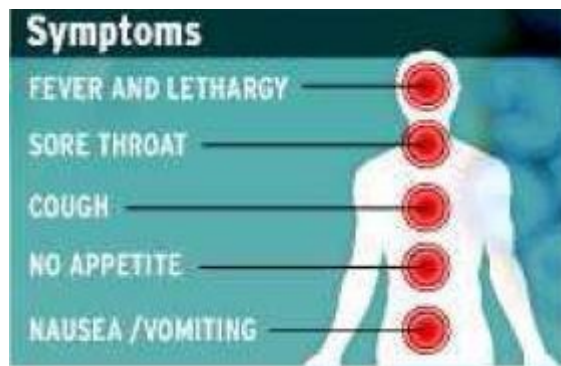
HOW DOES SWINE FLU SPREAD?

- Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads.
- Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza.
- Sometimes people may become infected by touching something with live flu viruses on it and then touching their mouth or nose.

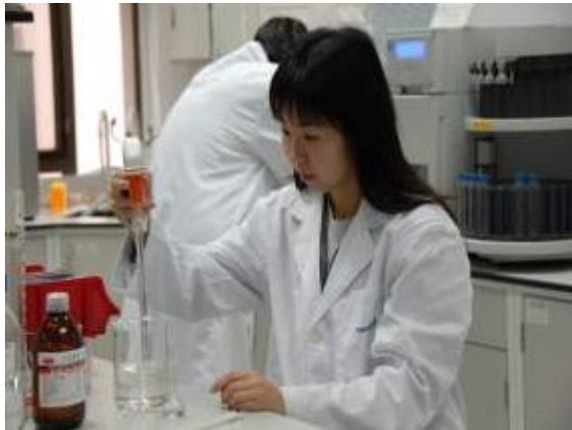


WHAT ARE THE SYMPTOMS OF SWINE FLU?

- 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 and fatigue.
- Some people have reported diarrhea and vomiting associated with swine flu. In the past, 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.



HOW IS SWINE FLU DIAGNOSED?



- To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus).
- However, some persons, especially children, may shed virus for 10 days or longer.
- Identification as a swine flu influenza A virus requires sending the specimen to a hospital laboratory for testing.



WHEN CAN SWINE FLU PATIENT SPREAD H1N1?



- Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.
- That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.



HOW LONG DOES THE DANGER REMAIN?



- People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset.
- Children, especially younger children, might potentially be contagious for longer periods.



ARE THERE MEDICINES TO TREAT SWINE FLU?



- Yes. The US CDC recommends the use of Osetamivir (Tamiflu®) for the treatment and/or prevention of infection with these swine influenza viruses.
- 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).



HOW DOES THE VIRUS SPREAD BY OBJECTS?

- The virus can be spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth.
- Droplets from a cough or sneeze of an infected person move through the air. The virus can then be spread when a person touches respiratory droplets from another person on a surface like a desk, doorknob, child's toy or phone handset and then touches their own eyes, mouth or nose before washing their hands.



HOW LONG CAN H1N1 LIVE OUTSIDE THE BODY?

- We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks.



• Cover your cough.



• A face mask may be needed if you see coughing.



• Wash hands often.

- Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.



HOW CAN YOU PROTECT YOURSELF?



- Cover your nose and mouth with a tissue when you cough or sneeze (then discard it).
- Wash your hands often with soap and water, especially after cough or sneeze.
- Avoid touching your eyes, nose or mouth with your hand
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others.



HOW CAN YOU PROTECT YOURSELF?

- If you are sick, limit your contact with other people (avoid schools and workplace).
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Clean your hands after coughing / sneezing.



• Cover your cough.



• A face mask may be needed if you are coughing.



• Wash hands often.



HOW TO CLEAN YOUR HANDS?



- Wash with soap and water or clean with alcohol-based hand cleaner (keep washing for 15-20 seconds).
- Alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry.



WHAT TO DO IF YOU GET SICK?



- If you live in swine flu reported areas and have swine flu like symptoms, contact your health care provider. Your health care provider will determine whether influenza testing or treatment is needed.
- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.



EMERGENCY WARNING SIGNS IN CHILDREN



- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash



EMERGENCY WARNING SIGNS IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seek medical help



HOUSEHOLD CLEANING AND WASTE DISPOSAL

- Throw away tissues and other disposable items used by the sick person in the trash
- Keep surfaces (i.e., bedside tables, surfaces in the bathroom, children's toys, phone handles, doorknobs) clean by wiping them down with a household disinfectant.
- Linens, eating utensils, and dishes belonging to those who are sick should not be shared without washing thoroughly first.
- Wash linens (such as bed sheets and towels) by using household laundry soap and tumble dry on a hot setting.
- Clean your hands after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with water and soap.



IS THERE A VACCINE FOR SWINE FLU?

- Vaccines are available for different kinds of swine flu. The U.S. Food and Drug Administration (FDA) approved the new swine flu vaccine for use in the United States on September 15, 2009. Studies by the National Institutes of Health (NIH), show that a single dose creates enough antibodies to protect against the virus within about 10 days.
- Vaccine available



As the two friends wandered through the snow on their way home, Piglet grinned to himself, thinking how lucky he was to have a best friend like Pooh.



Pooh thought to himself:
"If the pig sneezes,
he's fucken dead."

Protect
yourself,
save
others

