

# Swine Flu H1N1

# What is swine flu (Influenza A)?

- 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 the current swine flu virus contagious?

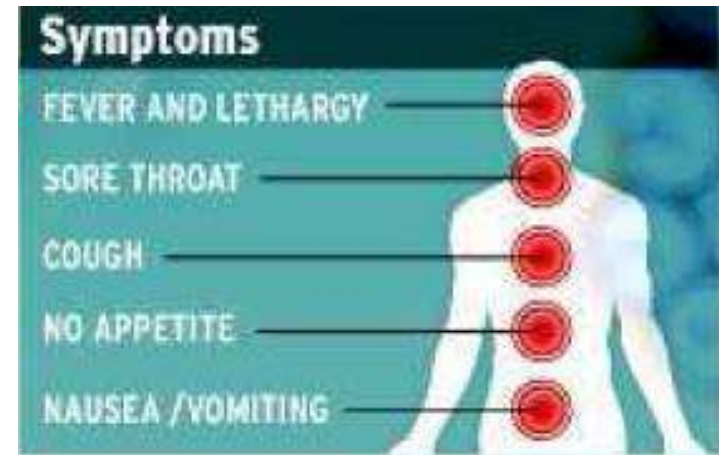
- Various international agencies (US Centers for Disease Control & Prevention, World Health Organization) have determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.
- WHO has escalated the world Pandemic Phase to Phase 6 (in a 6-scale Phase), indicating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

**Current Pandemic Level :**

**6**

# 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 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.



# Symptoms

Emergency warning signs that need urgent medical attention include:

In children,

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

In adults,

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

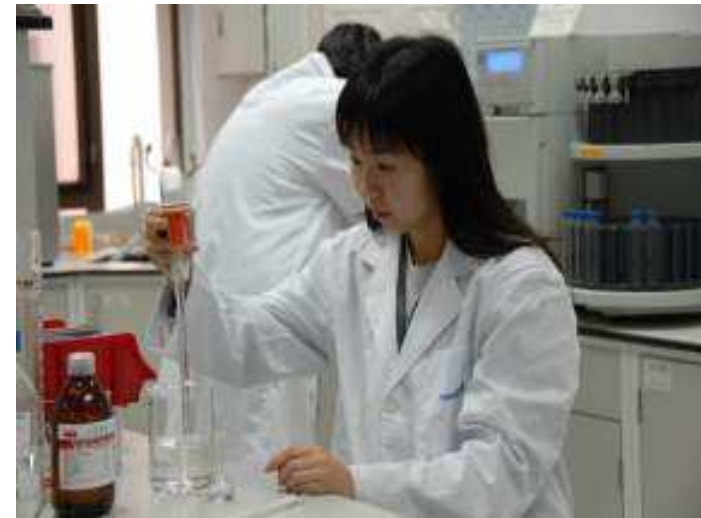
# How does swine flu spread?

- 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.



## How are human infections with swine influenza 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.



# How can someone with the flu infect someone else?

- 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 can an infected person spread swine flu to others?

- 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.



# Is there a vaccine for Pandemic Flu?

- Because the virus is new, there will be no vaccine ready to protect against pandemic flu.
- Vaccine against Swine Flu virus H1N1 needs at least 6-12 months to be produced.
- Seasonal flu vaccine or past flu immunization will not provide protection.



## Are there medicines to treat swine flu?

- Yes. Doctors recommend the use of oseltamivir (Tamiflu®) or zanamivir (Relenza®) for the treatment and/or prevention of infection with these swine influenza viruses. **These should not be taken without doctor's advice.**
- Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body.
- 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).



## What surfaces are most likely to be sources of contamination?

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



• Wash hands often.

# 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. The virus can spread this way.
- 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 to keep from infecting them.



# What is the best way to keep from spreading the virus through coughing or sneezing?

- If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket.
- Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.



• Cover your cough.



A face mask may be needed if you are coughing.

# What is the best technique for washing my hands to avoid getting the flu?

- Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner.
- When you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, 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. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.



# What should I do if I get sick?

- If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. 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.
- If you become ill and experience any of the following warning signs (next 2 slides), seek emergency medical care.



# Household Cleaning, Laundry, and Waste Disposal

- Throw away tissues and other disposable items used by the sick person in the trash. Wash your hands after touching used tissues and similar waste.
- Keep surfaces (esp bedside tables, surfaces in the bathroom, children's toys, phone handles, doorknobs) clean by wiping them down with a household disinfectant according to directions on the product label.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items 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. Avoid "hugging" laundry prior to washing it to prevent contaminating yourself. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand with water and soap.