



## SWINE INFLUENZA (Swine Flu)

### What is SWINE INFLUENZA (Swine Flu)?

Swine Influenza (Swine Flu) is a respiratory disease of pigs caused by type A influenza viruses. Swine Flu cases are reported most commonly in pigs (swine). 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.

The U.S. Centers for Disease Control and Prevention has received reports of human infection. Between December 2005 and February 2009, 12 human cases of Swine Flu were reported from 10 states in the U.S, with no deaths occurring. Since March 2009, the CDC has investigated several confirmed human cases of a new strain of swine influenza A (H1N1) virus in California and Texas.

### What are the symptoms of Swine Flu in humans?

People with Swine Flu have symptoms similar to regular human flu: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people with Swine Flu report diarrhea and vomiting. Like seasonal flu, Swine Flu may worsen previously existing medical conditions or cause severe illness such as pneumonia, respiratory failure, and deaths.

Children need urgent emergency medical care when they have trouble breathing, or breathe faster; when their skin turns a bluish color; and when they do not drink enough liquids. Other warning signs are not waking up or interacting; not wanting to be held; flu-like symptoms that improve but return with a fever and worse cough; and a fever with a rash.

Adults need urgent emergency medical care when they have difficulty breathing or shortness of breath, and when they have pain or pressure in their chest or abdomen. Other warning signs are sudden dizziness, confusion, and severe or persistent vomiting.

### How is Swine Flu diagnosed?

Physicians diagnose Swine Flu based on symptoms, and confirm the diagnosis with a laboratory test.

### How does Swine Flu spread?

Swine Flu spreads when humans contact infected pigs or environments contaminated with Swine Flu viruses. The virus can also spread person-to-person through coughing or sneezing.

**24/7 Emergency Contact Number: 1-888-295-5156**



## How is Swine Flu treated?

CDC recommends oseltamivir or zanamivir for treating and preventing swine influenza infection. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that make illnesses milder, prevent serious complications, and hasten recovery. Antiviral drugs work best to treat sick people if they begin within two days after symptoms appear.

## Is there a vaccine to protect humans from Swine Flu?

There is no vaccine available to protect against swine flu for humans currently.

## How is Swine Flu prevented?

Take these steps to protect yourself from contracting Swine Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are effective.
- Avoid close contact with sick people. People infected with Swine flu can be contagious for seven days or more.
- Stay home from work or school if you become sick, and limit contact with others. Avoid touching your eyes, nose or mouth.

## Can I get Swine Flu from eating or preparing pork?

You cannot get Swine Flu from eating pork or pork products. Swine flu viruses are not spread by food. It is safe to eat properly handled and cooked pork products.

## References and Sources of Additional Information:

- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
- U.S. Department of Health & Human Services: [www.pandemicflu.gov](http://www.pandemicflu.gov)