

Swine Flu

What is swine flu?

Swine flu (swine influenza) is a respiratory disease that pigs often get sick from. It is caused by type A influenza viruses. People do not normally get swine flu, but they can and do sometimes.

Is this swine flu virus contagious?

This 2009 swine influenza A (H1N1) virus is catching and is spreading from human to human. However, we do not know yet how easily the virus spreads between people.

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

The symptoms of swine flu in people are like regular human flu. They include fever, cough, sore throat, body aches, headache, chills, and feeling very tired (fatigue). Some people also have loose stool (diarrhea) and throw up (vomiting).

How does swine flu spread?

People with the virus mainly spread it from person to person through coughing or sneezing. Sometimes people may get this flu by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to pass on the flu to someone else before they know they are sick, and while they are sick. They may be able to infect others beginning 1 day before they get symptoms and 7 or more days after becoming sick.

What should I do to keep from getting the flu?

The most important way to keep from getting the flu is to wash your hands. Try to stay in good health. Get enough sleep, be physically active, drink plenty of fluids, eat healthy food, and manage your stress. If you touch surfaces that others with the flu virus may have touched or coughed on, wash your hands. Avoid close contact with people who are sick.

How long can an infected person spread swine flu to others?

People with the swine flu virus infection may spread the virus for as long as they have symptoms, and 7 or more days after they first get sick. Young children may spread the disease even longer than that.

What can I do to protect myself and others from getting sick?

There is no vaccine right now to protect against swine flu. Here are some things you can do to keep from spreading germs that cause respiratory illnesses like influenza:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners (like Purell) also work well, if your hands look clean.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people, if you can.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you get sick with the flu, stay home from work or school. Limit contact with others to keep from spreading the virus to them.

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

Do not go to work or school if you are ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may keep 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 every time you cough or sneeze.

What is the best way to wash 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. Wash your hands with soap and warm water for 15 to 20 seconds.

When you can't use soap and water, use alcohol-based disposable hand wipes or gel sanitizers. They sell them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel works without water. The alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you are sick, stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If your child or someone in your family gets sick, signs that you need to get help right away include:

Children

Call 911 or take the child to the emergency room if he or she:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not responding normally
- The child does not want to be held (being very irritable)
- Fever with a rash
- Flu-like symptoms get better, but then come back with a fever and a worse cough

Adults

In adults, call 911 or go to the emergency room if:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Throwing up that is severe or doesn't stop

Can I get swine flu from eating or cooking pork?

No. Swine influenza viruses are not spread by food. You cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

To find out more about swine flu call:

CDC: 1-800-232-4636

ADHS: 1-800-314-9243

Websites with the most current information about swine flu:

<http://www.cdc.gov/swineflu/>

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



If you have any questions or concerns,
 call your child's doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-546-1400
866-933-6459
www.phoenixchildrens.com

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