

Swine Influenza Flu Fact Sheet

Current Status: Public health officials within the United States and throughout the world are investigating outbreaks of swine influenza (swine flu). As of April 27, 2009 at 11:00 a.m., there were 21 confirmed cases in the United States. Only one person was hospitalized. Everyone else had mild symptoms and is better now. At the present time, there are no confirmed cases in Connecticut.

General Information: Swine flu is a respiratory infection caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. People do not usually get swine flu, but human infections can occur. Usually human cases have involved people who have had direct contact with pigs. The current virus of swine flu is contagious and can be spread from person to person.

Symptoms: The symptoms of swine flu in people are similar to seasonal flu symptoms. These include: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well. 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. If you suspect that you have the flu, you should contact your health care provider. You can not get swine flu from eating pork or pork products.

Diagnosis: A culture must be collected by a health care provider to confirm a case of swine flu.

Prevention:

- Wash your hands often with soap and water, especially after you cough or sneeze. If you do not have access to running water, alcohol-based hand cleaners may be used.
- When you cough or sneeze, **cover your nose and mouth** with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- Avoid sick people.
- If you are ill, stay home.
- Avoid close contact with others as much as possible. However, if you are severely ill (such as having trouble breathing), you should seek medical care. There is medication for treatment of swine flu that a health care professional can prescribe.

Updates: The swine flu outbreak is ongoing and additional cases are expected. For more information concerning swine flu infection, please visit the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>. For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.

Additional information can also be found on the Bristol-Burlington Health District website at www.bbhd.org or by calling the Health District at 860-584-7682.

Note: *People entering the United States who are experiencing symptoms consistent with swine flu and have traveled to an affected area (affected areas are listed on the CDC website (<http://www.cdc.gov/swineflu/investigation.htm>) or have been exposed to someone possibly infected with swine flu, during the last 7 days should report their illnesses to their health care provider immediately and inform them of their recent travel. People traveling from the United States to affected areas should be aware of the risk of illness with swine flu and take precautions.*

L. Abrahamson, April 27, 2009

