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Influenza A (H1N1) North America/Human Also known as “Swine Flu”

What is Swine flu?

Swine flu is a respiratory disease of pigs caused by type A influenza that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur, and cases of human-to-human spread of swine flu viruses have been documented. Currently there are cases in Mexico, California, Texas, Kansas, Ohio, New York, and **Indiana**.

The current strain of swine flu in the news is distinct from the flu strains that have circulated in the last few months. Prior flu vaccination will not protect for this strain.

Is the Swine flu virus contagious?

The Centers for Disease Control (CDC) has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the symptoms of swine flu?

Clinical symptoms of swine flu in people are similar to those of seasonal influenza and may include:

Fever (greater than 100 degrees F)

Sore throat

Cough

Stuffy nose

Chills

Headache and body aches

Fatigue

Nausea and vomiting have also been reported

Severe illness (respiratory distress and pneumonia) have been reported in people with this virus.

What is the infectious period for Swine Flu?

The infectious period for a confirmed case of swine influenza A (H1N1) virus infection is defined as 1 day prior to the case's illness onset to 7 days after onset.

How can I prevent the flu?

Avoid close contact – avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick – stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.

Cover your nose and mouth – Cover your mouth and nose with a tissue when coughing or sneezing. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and then wash your hands.

Use cough etiquette – If you don't have a tissue, cough or sneeze into your sleeve, not your bare hands. Always wash your hands after coughing or sneezing.

Wash your hands often – Washing your hands and the hands of your children often will help protect you from germs.

Avoid touching your eyes, nose or mouth – Viruses are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice other good health habits – Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Can I get the Swine flu from eating pork?

Swine flu viruses are not transmitted by food so you cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork or pork products is safe. Cooking pork to an internal temperature of 160°F kills all viruses and other foodborne pathogens

Where can I get more information?

Resources

- CDC Influenza page: <http://www.cdc.gov/flu/>
- Taking Care of a Sick Person in Your Home
http://www.cdc.gov/swineflu/guidance_homecare.htm
- Seasonal Flu: what to do if you get sick: <http://www.cdc.gov/flu/whattodo.htm>
- Preventing the Flu: Good Health Habits Can Help Stop Germs:
<http://www.cdc.gov/flu/protect/habits.htm>

For a detailed list of commonly asked questions and responses, visit the CDC's Web site at: http://www.cdc.gov/swineflu/swineflu_you.htm

The Health and Human Services at the CDC recommends that people have a 2 week supply of food and water and prescription meds. Please encourage everyone to do so.

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