

Swine Flu Resources

- For more information, visit the CDC's Web site: www.cdc.gov/swineflu or call 1-800-CDC-INFO (1-800-232-4636).
- For more information on international cases visit: www.who.int/csr/don/2009_04_24/en/index.html
- Also see www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx.
- California Department of Public Health
www.cdph.ca.gov/HealthInfo/news/Pages/SwineFluLndingPg042409.aspx
- World Health Organization
General info: www.who.int/csr/don/en/
Latest info: www.who.int/csr/disease/swineflu/en/index.html



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Swine Flu and You

This information is adapted from a CDC pamphlet entitled SWINE INFLUENZA (FLU) in pigs and people.

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What is “Swine Flu”?

- Swine influenza (called swine flu) is a respiratory disease of pigs caused by type A influenza viruses. It has a major economic impact on the swine (pig) industry in the United States. Flu outbreaks in pigs are common, especially during winter months. Swine flu can result in high rates of illness in herds of pigs.

Why is there concern about swine flu now?

- Swine flu viruses do not normally infect humans. However, occasional human infections with swine flu do occur, mostly in people who have had contact with pigs.
- In late April 2009, an outbreak of influenza caused by a swine flu strain was recognized in Mexico and has started to spread rapidly, with cases detected in various parts of the United States, including California, Texas, New York and Ohio, and in a few other countries.
- In the current outbreak, human-to-human transmission of swine flu has been reported in people who have had no contact with pigs.
- People who have been immunized against “the flu” will not be protected against the swine flu. Hopefully, a new flu vaccine which does protect people from swine flu will be developed later this year.

What are the symptoms of swine flu?

- People with swine flu have the same symptoms as people infected with common human flu viruses. However, it is possible that the current strain causes more severe disease in some people. Some deaths have been reported in Mexico.
- People with swine flu typically have fever (often high), cough, body aches, headaches, fatigue, and a runny or stuffy nose. Vomiting and diarrhea may also occur. The current strain may be causing more severe sore throat than has been reported by people with common human influenza viruses.

How is swine flu diagnosed?

- When patients with typical symptoms, including a fever above 100°F (37.8°C), and a sore throat and/or cough, or more severe respiratory symptoms, **are sick enough to be seen in the Emergency Room or require admission to the hospital**, a test for swine flu can and will be done.
- **Most often, patients who do not need admission to the hospital do not need to be tested.**
- To do the test, a sample of secretions from the deep part of the nose or the throat will be collected on a swab and sent for a PCR test and/or viral culture for swine flu. The samples will be sent to the California Department of Public Health’s laboratory. It takes a few days before results are available.

Is there a treatment for people with swine flu?

- Preliminary information suggests that some patients, diagnosed within 24 to 48 hours of the onset of their symptoms, are helped by treatment with one of these two antiviral drugs: oseltamivir (Tamiflu®) or zanamivir (Relenza®). However, these drugs are not being prescribed routinely and should only be given to patients with proven swine flu or to those who have had direct contact with someone who has proven swine flu.
- The swine flu virus **does not respond to other antiviral drugs**, such as amantadine and rimantadine.
- The infectious (contagious) period for swine flu is defined as from one day before symptom-onset to seven days after symptom-onset.

How can you protect yourself and others?

- **Try to avoid close contact with sick people.** Influenza is thought to spread mainly person to person through droplets transmitted when infected people cough or sneeze.
- **Wash your hands frequently** with soap and water, or with an alcohol-based hand cleaner, especially after you cough or sneeze, and after all exposures to sick people or animals.
- **Avoid touching** your eyes, nose or mouth.
- **If you are ill**, stay at home and limit your contact with other people.
- **If you or someone in your family becomes ill with flu-like symptoms**, let your doctor know, especially if you have been around pigs, traveled to an area with a known swine flu outbreak, or had contact with someone diagnosed with swine flu.
- **If you are a parent visiting a child in the hospital** who has known or suspected swine flu, you will be given specific instructions about how to use personal protective equipment. This will include wearing gowns, gloves and masks. Carefully follow the instructions you are given and **always wash your hands after leaving the patient’s bedside.**
- **Stay at home if you have a fever above 100°F (37.8°C)** along with a sore throat and/or cough, or any more severe respiratory symptoms.
- **Do not go to work and do not send children to school** if they are sick with these or any additional symptoms.
- **Do not come into the hospital** to visit children if you have any of these symptoms, or a runny nose, congestion, watery eyes, or a new or unknown rash. If you are sick, you will not be allowed to visit.
- **Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Avoid touching your eyes, nose or mouth; that’s how germs are spread.