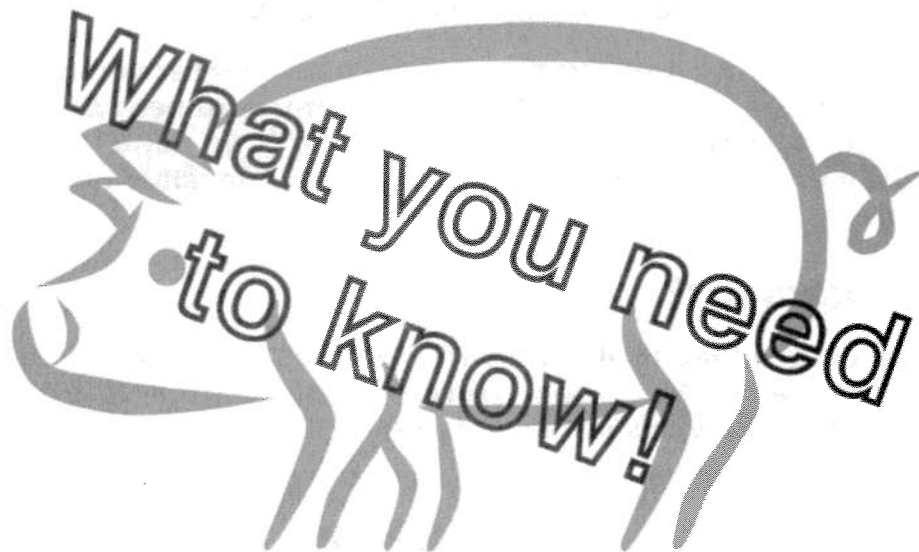


Swine FLU in People



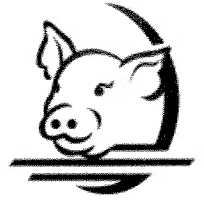
***Provided by the
City of St. Louis Department of Health
April 2009***



Francis G. Slay, Mayor
Pamela Rice Walker, MPA, CPHA, Acting Director of Health
Melba R. Moore, MS, CPHA, Commissioner of Health

What is swine flu?

- Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu happen regularly in pigs. People do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs, but it's possible for swine flu viruses to spread from person to person.



Has swine flu been found in people in the U.S.?

- In late March and early April 2009, cases of human infection with swine flu viruses were first reported in Southern California and near San Antonio, Texas. The Centers for Disease Control and Prevention (CDC) and local and state health agencies are working together to investigate any possible outbreaks of swine flu.

Is swine flu contagious?

- The CDC has determined that this swine flu virus is contagious and is spreading from person to person. However, at this time, it is not known 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 similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illnesses like 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.

How do you catch swine flu?

The spread of swine flu can occur in two ways:

- Through contact with infected pigs or environments contaminated with swine flu viruses.
- Through contact with a person who has swine flu. Person to person spread of swine flu has been documented and is thought to occur when infected people cough or sneeze.

***Cover your cough
or sneeze with a tissue!***



Can I get swine flu from eating or preparing pork?

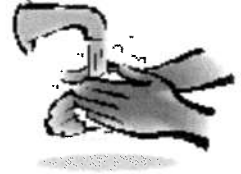


No. Swine flu is not spread by food. You cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Tips for Protecting Yourself and Family from Swine Flu

Currently, there is no vaccine available to protect against swine flu. However, there are steps that you can take everyday to prevent the spread of germs that cause illnesses like the flu. Follow these steps everyday to protect yourself and your family:

- **WASH YOUR HANDS!** Wash your hands often with soap and water, especially after you cough and sneeze. Alcohol-based hand sanitizers are also effective.
- Cover your nose and mouth with a tissue or the sleeve of your shirt every time you cough or sneeze. Do NOT cough or sneeze into your hands!
- Try to avoid close contact with sick people.
- If you are sick, it is important that you stay home from work or school and limit contact with others.
- Avoid touching your eyes, nose or mouth. Germs are spread this way.



What should I do if I get sick?

If you have recently traveled to areas reporting swine flu cases, or have been in direct contact with someone who has, and believe you are becoming ill with flu-like symptoms, contact a local healthcare provider. Remember, symptoms include fever, body aches, runny nose, sore throat, nausea, vomiting, or diarrhea. If you are concerned about your symptoms, you may want to contact your local healthcare provider. He or she will determine whether a flu test or treatment is needed.

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

If you are sick and experience any of the following warning signs seek emergency medical care. See the following page for warning signs.



In children, emergency warning signs that need urgent medical attention include:

- **Fast breathing and trouble breathing**
- **Bluish skin color**
- **Not drinking enough fluids**
- **Not waking up or not interacting**
- **Being so irritable that the child does not want to be held**
- **Flu-like symptoms that improve but then return with a fever or worse cough**
- **A fever with a rash**

In adults, emergency warning signs that need urgent medical attention include:

- **Difficultly breathing or shortness of breath**
- **Pain or pressure in the chest or abdomen**
- **Sudden dizziness**
- **Confusion**
- **Severe or persistent vomiting**

For additional information about Swine Flu contact:

*City of St. Louis Department of Health
Bureau of Communicable Disease*

- *314-612-5483*
- *<http://stlouis.missouri.org/citygov/health>*
- *Click on the Swine Flu link*

The Centers for Disease Control and Prevention

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

Citizens' Service Bureau.....314-622-4800

United Way of Greater St. Louis Referral Hotline Call..... 211



Email: health@stlouis.missouri.org

Website: <http://stlouis.missouri.org/citygov/health>

Phone: 314-612-5100

Fax: 314-612-5105



City of St. Louis Department of Health Swine Flu Fact Sheet

April 26, 2009

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu happen regularly in pigs. People do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs but it's possible for swine flu viruses to spread from person to person also.

Are there human infections with swine flu in the U.S.?

In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. CDC and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious?

CDC has determined that this virus is contagious and is spreading from human to human. However, at this time, it not known 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 similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, 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.

How do you catch swine flu?

Spread of swine flu can occur in two ways:

- Through contact with infected pigs or environments contaminated with swine flu viruses.
- Through contact with a person with swine flu. Human-to-human spread of swine flu has been documented also and is thought to occur in the same way as seasonal flu. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Try to avoid close contact with sick people.
 - If you get sick with influenza, DHSS recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth.
- Germs spread
this way.

What should I do if I get sick?

If you have recently traveled to areas currently reporting swine flu cases, or have been in direct contact with someone who has, and believe you are becoming ill with influenza-like symptoms, contact a local healthcare provider. Symptoms include fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

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

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Can I get swine influenza from eating or preparing pork?

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

For additional information contact the City of St. Louis Department of Health Bureau of Communicable Disease at 612- 5483 or visit the Centers for Disease Control and Prevention website at <http://www.cdc.gov/swineflu/>