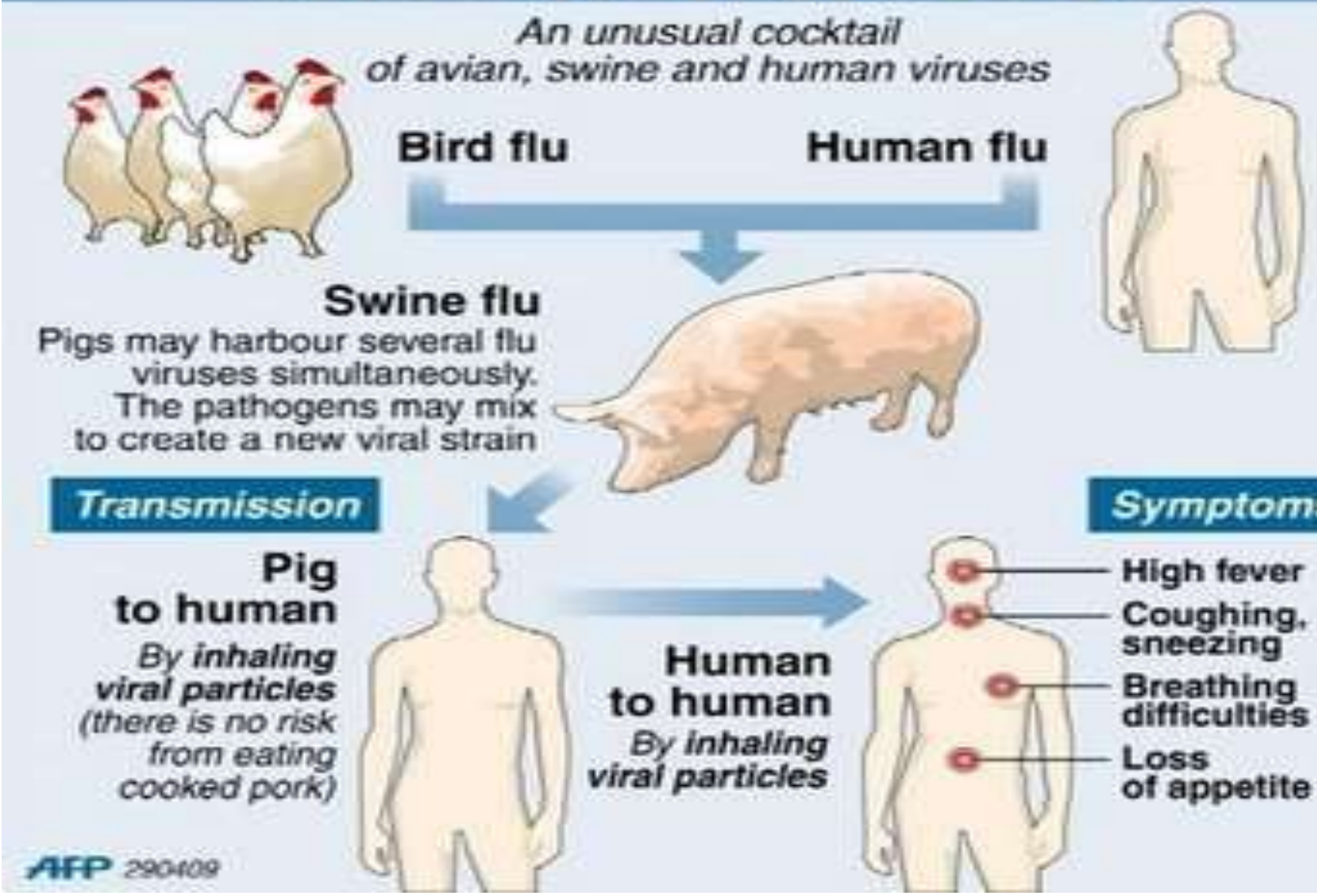
SWINE FLU



The A/H1N1 virus

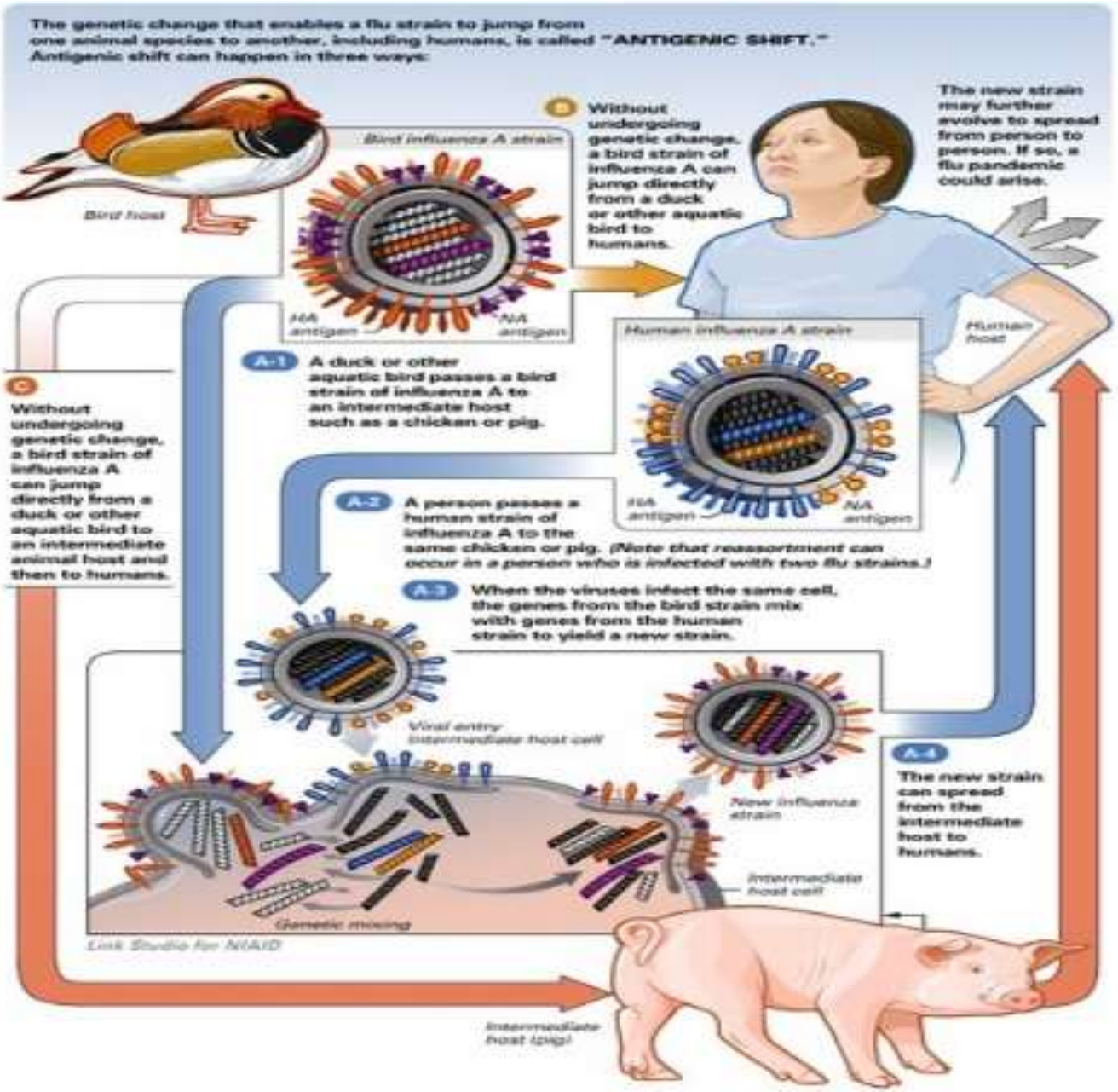


What is Swine Flu?

- **Swine influenza** refers to influenza caused by those strains of influenza virus, called **swine influenza virus** (SIV), that usually infect (is endemic in) pigs
- Flu viruses are always changing, and new strains emerge every year. The current swine influenza A H1N1 virus is one of these
- Swine influenza is common in pigs in the Midwestern United States (and occasionally in other states), Mexico, Canada, South America, Europe (including the United Kingdom, Sweden, and Italy), Kenya, Mainland China, Taiwan, Japan and other parts of eastern Asia and now spreading in India.

- The 2009 flu outbreak in humans, known as "swine flu", is due to a new strain of influenza A virus subtype H1N1 that contains genes closely related to swine influenza. The origin of this new strain is unknown

TRANSMISSION




Symptoms of
Swine flu
Systemic
- Fever
Psychological
- Lethargy
- Lack of appetite
Nasopharynx
- Runny nose
- Sore throat
Respiratory
- Coughing
Intestinal
- Diarrhea
Gastric
- Nausea
- Vomiting

General Precautions

- Frequent hand washing
- Covering coughs and sneezes
- Avoidance of crowded settings when possible
- Advising ill persons to stay home (except to seek medical care) and minimize contact with others in household
- Voluntary home quarantine of members of households with confirmed or probable swine influenza cases



Avoid touching your eyes, nose or mouth.



- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

When contact is unavoidable…

- Consider **Facemasks** (disposable, single use masks) for persons who enter crowded settings



- Consider **Respirators** (N95 or higher filtering face piece respirator) for persons who have unavoidable close contact with infectious person



- **No clear scientific evidence regarding the effectiveness of facemasks and respirators in protecting against influenza**

Practice other good health habits.

- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious.
- Unnecessary Migration of people from epidemic and endemic areas to be reduced.



BE AWARE…



Prevention is better than

CURE