

## Notes from the Nurse

First of all what is on most of our minds is the **SWINE (NORTH AMERICAN) FLU**. I will give you some basic information and a web-site that you can get information from.

### **Is the Swine flu contagious?**

Swine flu viruses do not normally infect humans. However, sporadic human infections with swine flu have occurred. Most commonly, these cases occur in persons with direct exposure to pigs (e.g. children near pigs at a fair or workers in the swine industry). In addition, there have been documented cases of one person spreading swine flu to others.

**What are the symptoms of swine flu in humans?** The symptoms of swine flu in people are expected to be similar to the symptoms of regular human [seasonal influenza](#) and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

**Can people catch swine flu from eating pork?** No. Swine influenza viruses are not transmitted by food.

**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: Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Try to avoid close contact with sick people. If you get sick with influenza, CDC 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 become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, we would encourage you to contact your 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 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

To get more information visit this web site:

<http://www.dshs.state.tx.us/news/releases/swineflu.shtm>

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