



## Swine Influenza—What Can You Do?

*With the recent media discussion about the Swine Flu, it is important to be aware of what types of symptoms to look out for, what to do if you experience symptoms and how you can protect yourself and others from the spread of the flu. Below is information from the Centers for Disease Control to help.*

### 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 every day 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 live in the Glendale, Burbank or Los Angeles areas and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact your healthcare provider, particularly if you are worried about your symptoms. Your healthcare 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

### How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to seven days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

### Where can I get more information?

More information on swine flu can be found at [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine), or call 1-800-CDC-INFO.

April 29, 2009