

Swine Flu Information - Last Updated 6/25/2009

CURRENT ALERTS

As of June 11, 2009, a worldwide pandemic was declared by the World Health Organization. More than 70 countries are reporting cases of H1N1 influenza. The pandemic was declared due to the spread of the virus, and not its seriousness. To date, there have been 21,449 cases with 87 deaths. The CDC updates these totals each week on Friday at this site: <http://www.cdc.gov/h1n1flu/update.htm>

SYMPTOMS

This influenza A (H1N1) virus seems susceptible to the prescription antiviral drugs, oseltamivir (Tamiflu) and zanamivir (Relenza). Contact your health provider at the earliest possible sign of flu-like symptoms, such as:

- Fever
- Cough
- Sore throat
- Body aches
- Chills
- Fatigue
- Diarrhea/vomiting
- Headache

PREVENTING THE SPREAD OF FLU

- **Wash your hands**
Frequent thorough hand-washing, anti-viral wipes and hand sanitizers help.
- **Coughing or sneezing? Cover nose/mouth - dispose of the tissue immediately.**
This flu virus spreads the same way that seasonal flu does – when people inhale the droplets, or when they touch a surface that has flu virus on it.
- **Avoid touching your eyes, nose, or mouth**
These orifices are entry points for the flu virus
- **Stay home if you are sick, and keep sick children home from school**
Flu is contagious from one day before symptoms develop until seven days afterward, perhaps more for children.
- **Develop a family emergency plan as a precaution**
Store a supply of food and beverages, medications, face masks, alcohol-based hand rubs, pet food, cleaning supplies and other essentials
- **To stay updated on official information:**
www.cdc.gov
<http://www.who.int/en/>
En espanol: <http://www.cdc.gov/swineflu/espanol/>
Massachusetts Department of Public Health (includes information on H1N1 influenza in other languages): <http://tinyurl.com/p2c2hq>