

H1N1 INFLUENZA – SWINE FLU

VISITOR INFORMATION POSTER

The current outbreak of 'swine flu' is caused by influenza subtype A variant H1N1 and has symptoms like those found in common influenza – high fever, coughing, and sore throat, possibly followed by nausea, vomiting and diarrhea. To reduce your risk of infection, basic hygiene including covering your mouth and nose when sneezing or coughing, using tissue and discarding, and washing your hands with soap and water or using alcohol hand sanitizer should be practiced.



THE FOLLOWING IS A LIST OF FREQUENTLY ASKED QUESTIONS RELATED TO H1N1 FLU:

Q. WHAT IS SWINE FLU?

A. Swine influenza, or flu, is a contagious respiratory disease that affects pigs. It is caused by a type-A influenza virus. Outbreaks in pigs occur year-round. The most common version is H1N1. The current strain is a new variation of an H1N1 virus, which is a mix of human and animal versions and has been named North American Flu.

Q. WHAT ARE THE SYMPTOMS OF NORTH AMERICAN FLU-H1N1-SWINE FLU?

A. The symptoms are similar to the common flu. They include fever, coughing, sore throat, nausea, vomiting and diarrhea.

Q. HOW DOES THE VIRUS SPREAD?

A. The virus spreads the same way the seasonal flu does. When an infected person coughs or sneezes around another person, the latter is put at risk. People can become infected by touching something with the flu virus on it and then touching their mouth, nose or eyes. An infected person can pass the virus to another before any symptoms even develop.

Q. HOW CAN ONE KEEP FROM GETTING NORTH AMERICAN FLU-H1N1-SWINE FLU?

A. There are no vaccines available. But several everyday steps can help prevent the spread of germs: Washing hands frequently; avoiding close contact with people who are sick; and avoiding touching surfaces that might be contaminated.

Q. CAN ONE CONTRACT SWINE FLU FROM EATING OR PREPARING PORK?

A. No. Pork and other pig-derived products, if properly handled and cooked, do not transmit North American Flu. The flu virus is killed by cooking temperatures of 160°F.

Q. WHAT IF I HAVE SYMPTOMS OF NORTH AMERICAN FLU-H1N1-SWINE FLU?

A. The Texas Department of State Health Services recommends you be tested for the flu if you have the following: fever greater than 100° F, cough, and a sore throat or if you have had recent contact with someone confirmed to have North American Flu. The current outbreak appears to be mild and individuals are urged to seek care from their physician office. Antiviral medications such as Tamiflu are recommended only for those having a positive influenza A test. These specimens will then be forwarded to the Department of State Health Services for further subtyping. Any specimen resulted as Type A Untypable will be forwarded to the CDC in Atlanta, Georgia for confirmation but submitting entities will be notified of probable case.

ADDITIONAL RESOURCES MAY BE FOUND AT THE FOLLOWING:

Texas Department of State Health Services (TDSHS)
www.dshs.state.tx.us/swineflu

or contact their Public Information Line at 1-888-777-5320

or contact 2-1-1 Texas by dialing 2-1-1 from a touchtone phone

CDC Swine Influenza (FLU) main page
<http://www.cdc.gov/swineflu/>

You may also contact Titus Regional Medical Center North American Flu info line at 903.577.6193 for a recording of the latest updated public information.

