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## INDIAN RIVER COUNTY HEALTH DEPARTMENT

### Swine Flu Health Information

Public health officials within the United States and throughout the world are investigating outbreaks of swine influenza (swine flu). Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. While swine flu viruses do not normally infect humans, cases of swine flu infection in humans have occurred. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include sudden onset of:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

Some people have also reported diarrhea and vomiting associated with swine flu. Severe illness (pneumonia and respiratory failure) and deaths in Mexico have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

People entering the United States who are experiencing symptoms consistent with swine flu, and have traveled to an affected area (see <http://www.cdc.gov/swineflu/investigation.htm> for affected areas), or have been exposed to someone possibly infected with swine flu during the last 7 days, should report their illnesses to their health care provider immediately and inform them of their recent travel.

The State of Florida Department of Health has requested that clinicians and hospitals assist in efforts to enhance surveillance for swine influenza in Florida by following the guidelines from the Centers for Disease Control and Prevention in testing and reporting suspect cases.

People traveling from the United States to affected areas should be aware of the risk of illness with swine flu and take precautions.

#### To prevent the spread of swine flu:

- **Avoid contact** with ill persons.
- When you cough or sneeze, **cover your nose and mouth** with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands **with soap and water**, or use an **alcohol-based** hand gel.
- **If you think you are ill with flu**, avoid close contact with others as much as possible. **Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing). There are antiviral medications for treatment of swine flu (may lessen the severity and length of symptoms) that a doctor can prescribe. Do not go to work, school, or travel while ill.**

Any person who is experiencing influenza-like-illness with recent travel to affected areas or a recent exposure to a confirmed or suspect case of swine flu should see their healthcare provider. Any person experiencing severe symptoms including:

- difficulty breathing or chest pain
- purple or blue discoloration of the lips
- vomiting and unable to keep liquids down
- signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- seizures (for example, uncontrolled convulsions)
- less responsive than normal or becomes confused

should seek immediate emergency medical attention.

The outbreak is ongoing and additional cases are expected. For more information concerning swine flu infection, see the Centers for Disease Control and Prevention (CDC) website at <http://www.cdc.gov/swineflu/> or contact the Indian River County Health Department at (772) 794-7400, ext. 2430. For specific information on travel precautions and an update on the affected areas, visit: [www.cdc.gov/travel](http://www.cdc.gov/travel).

