



## H1N1 (Swine Flu)

### **What is H1N1 (Swine Flu)?**

Swine flu is influenza that occurs in pigs. People do not normally get swine flu but human infections can occur. The most recent cases of swine flu appear to have the ability to be passed on from person to person and has resulted in a number of cases in the United States and it is a wide-spread disease in certain parts of Mexico. It is likely that this swine flu will spread to many if not all parts of the United States.

### **Contracting Swine Flu**

Most people catch swine flu the same way you catch the regular flu. You can catch swine flu by coming in contact with droplets from infected people after they sneeze or cough. This can occur by being in the path of a sneeze or cough or touching something that has those droplets on it and then touching your mouth, nose or eyes.

### **Symptoms**

When people catch swine flu, they may have a fever, cough, sore throat, body aches, headache, chills and fatigue just like the regular flu. Some people may also have vomiting and diarrhea. Previously, swine flus have also caused severe illness and death. Like the regular flu, people with chronic medical conditions are at risk for more severe illness.

If you experience any of the following warning signs seek emergency medical care right away:

#### *For Children:*

- Fast breathing or having difficulty to breathe
- Bluish skin color
- Not drinking enough fluids and not urinating as often
- Not waking up or being able to interact with others
- Being so irritable that they do not want to be held
- Flu symptoms that improve but then return with a worse cough and fever
- Fever with a rash

#### *For Adults:*

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu symptoms that improve but then return with a worse cough and fever

## **Treatment**

Both Tamiflu® and Relenza® are effective against the swine flu. You can have these prescribed by your doctor. If you think you have swine flu, contact your health care provider. They will be able to determine if you need testing or treatment. If you have swine flu and need treatment, treatment should start within two days after you begin to feel sick.

## **Prevention**

There are a number of ways you and your family can reduce the risk of catching swine flu:

- Avoid people with the flu.
- Wash your hands often with soap and water or an alcohol-based hand cleaner.
- Wash your hands before eating or touching your face, after touching surfaces that someone might have coughed or sneezed on, after going out into the community and after caring for someone who has the flu or touching something someone who is sick may have touched.
- If someone in your household is sick, stay home until that person no longer feels ill.

If you are sick, follow these guidelines to reduce the chances of giving swine flu to others:

- Stay home from work or school.
- Limit your contact with others.
- Cough and sneeze into disposable tissues. Throw these tissues away into a plastic bag. When removing the bag, try not to touch the dirty tissues.
- Use separate eating utensils that are washed in hot soapy water after each meal.
- Don't share objects like remote controls or pens.
- Disinfect surfaces that are frequently touched; door knobs, remote controls, light switches and toilet handles. An effective disinfectant can be made using ¼ cup of household bleach and 1 gallon of cold water.
- If someone in your house is sick, also stay at home. Don't go to work or school until they no longer feel sick.

For more information, check your local installation hot line or go to [www.dod.mil/pandemicflu](http://www.dod.mil/pandemicflu) or [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).