

# Swine Influenza Fact Sheet

## Symptoms of swine influenza

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

## If you think you have the flu

If you are ill with fever and other symptoms of swine flu such as cough and sore throat, see a doctor, especially if you think you may have had contact with someone with swine flu or severe respiratory illness in the past 7 days before becoming ill. Call your health professional prior to visiting their office.

Your physician can advise you about the appropriate steps to take for your own care. Let people know that you have the flu and limit contact with others. . Often, devoted staff and faculty come to work when they are ill. This is NOT the time to do this. Use your sick time. Obviously this is a very busy time of the year, but we need to consider the health of others and minimize the spread of the disease.

## Precautions to minimize spread of swine influenza

The Centers for Disease Control and Prevention (CDC) is offering the following reminders to arrest the spread of all flu like illnesses, including swine influenza:

- Regularly wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your mouth and nose with a tissue when you sneeze or cough. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your elbow or upper arm, not your hand.
- Avoid touching your eyes, nose or mouth. Germs spread this way
- Try to avoid close contact with sick people
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them

***The best form of prevention is practicing good hygiene.***

## **Travel precautions**

CDC recommends that U.S. travelers avoid all nonessential travel to Mexico. If you must travel:

- Be sure you are up-to-date with all your routine vaccinations, including a seasonal influenza vaccine. The seasonal vaccine is not expected to offer protection against swine flu viruses, but it can protect against seasonal influenza viruses which may still be circulating in Mexico and the Southern Hemisphere.
- Pack a travel health kit that contains basic first aid and medical supplies.
- Check if your health insurance plan will cover you abroad. Consider purchasing additional insurance that covers medical evacuation in case you become sick.
- Remember that U.S. embassies, consulates and military facilities do not have the legal authority, capability, and resources to evacuate or to give medications, vaccines or medical care to private U.S. citizens overseas.

## **How is swine Influenza spread?**

- Swine Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC suggests that you stay home from work or school and limit contact
- Try to avoid close contact with sick people

## **What has the university done to prepare for an influenza pandemic?**

- The university has an emergency management committee that has been working on university emergency plans to respond to all types of emergencies.
- The University has a special committee that was assigned to develop specific emergency plans for pandemic influenza and the plan is available on the university web page for everyone to review. [www.louisville.edu/emergency](http://www.louisville.edu/emergency)
- The University has worked with the Louisville Metro Public Health and Wellness Department to participate in the communities plans in the event of influenza pandemic

## **How is the university monitoring the situation?**

- The School of Public Health and Information Sciences continues to communicate with other schools of health, local governments, the CDC to stay abreast of this changing situation.
- The Emergency Management staff of the University is communicating with other universities to stay abreast of their situation and actions they plan to undertake if the situation deteriorates.
- Currently, the University is not canceling any classes or events. The Administration will continue to monitor the situation and will act appropriately if it deteriorates.