

Swine Flu



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- Swine Influenza (swine flu/H1N1) is a respiratory disease of pigs caused by type A influenza that regularly cause outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans, however, human infections with swine flu do occur, and cases of human-to-human spread of swine flu viruses has been documented.

Signs/Symptoms

- Fever
- Lethargy
- Chills
- Headache/body ache
- Lack of appetite
- Coughing
- Runny nose
- Sore throat
- Nausea
- Vomiting
- Diarrhea



Domestic Response

- HHS has declared a “public health emergency”
- Federal Government at Phase 0
- DoD is at Phase 1 (of 5 phases)
- President has requested \$1.5B
- 12 million doses of Tamiflu released from Federal Government stockpile - all states requesting supplies
- Affected schools in CA, NY, and TX close

International Response

- Mexico has shut down all schools and public gatherings until May 6
- WHO is at Phase 4 (of 6 phases)
- Some countries restricting travel to US and Mexico
- Many countries employing some monitoring of incoming visitors from affected countries

Why Be Concerned?

- “The strain has pandemic potential and it might be too late to contain a sudden outbreak” – WHO
- Flu spreading from person to person
- No vaccine exists
- Two to seven day incubation
- Up to 48 hour surface life
- Infected people can spread virus 1 day before symptoms appear and 7+ days after
- Flu killing the young and healthy in Mexico
- Planners estimate up to 40% of workforce could be affected by pandemic at any one time



CDC Guidance

- **Avoid close contact** - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick** - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose** - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands** - Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth** - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits** - Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.