



Ball Memorial Hospital

A Clarian Health Partner

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For Immediate Release:

MUNCIE—This important information will help answer your questions and concerns regarding the swine flu.

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person to person, but in the past, this transmission was limited and not sustained beyond three people.

The current strain of swine flu in the news is distinct from the flu strains that have circulated in the last few months. Prior flu vaccination will not protect for this strain.

Is this swine flu virus contagious?

The Centers for Disease Control (CDC) has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

How can I protect myself and others?

- If you think you are ill with the flu, **stay at home**. Avoid close contact with others, as much as possible.
- Seek medical care if you are severely ill (such as having trouble breathing).
- When you cough or sneeze, cover your nose and mouth with a tissue or use your sleeve (if you do not have a tissue) and then throw the tissue in a trash can.
- After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.

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What are the symptoms of swine flu?

The symptoms of this illness, typical of seasonal flu, include:

- Fever, chills
- Sore throat, stuffy nose and cough
- Headache, body aches and fatigue
- Diarrhea and vomiting seem common with this strain

Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. Be alert for cases of secondary bacterial pneumonia.

Have swine flu cases been confirmed in Indiana?

Although no cases have been confirmed in Indiana, it is expected that cases will be identified in the near future. It appears that the strain may have originated in Mexico (where there have been >1,000 cases reported in the past few weeks), and is now spreading into the United States as a result of individuals traveling between the two countries. Although there have been deaths reported in Mexico, there have been no deaths among the 20 confirmed cases in the U.S. All individuals with confirmed cases in the U.S. have had mild illness and recovered; only one patient was hospitalized (this patient was immunosuppressed from medications used for autoimmune hepatitis).

How can I get more information?

For a detailed list of commonly asked questions and responses, visit the CDC's Web site at: http://www.cdc.gov/swineflu/swineflu_you.htm

Additional information with frequent updates is available at <http://www.cdc.gov/swineflu/>