

Swine Flu Update

April 29, 2009

- The South Central PA Task Force (SCTF) and **Stewartstown Emergency Management** are monitoring swine flu reports from the World Health Organization (WHO) and Centers for Disease Control (CDC).
- Refer to the CDC, the WHO and the Pennsylvania Dept. of Health (DOH) for the latest information and guidance on swine flu.
 - CDC: <http://www.cdc.gov/swineflu/>
 - WHO: <http://www.who.int/en/>
 - DOH: 1-877-PA-HEALTH or www.health.state.pa.us
- No pandemic has been declared at this time.
 - As a precautionary measure, the United States has declared a public health emergency, which they have stressed is a standard operating procedure and does not signal a greater threat to Americans.
- Social distancing is imperative to decrease the spread of swine flu.
 - Spread of the swine flu is thought to be happening in the same way that seasonal flu spreads — mainly from person to person through coughing or sneezing. Touching something with the flu virus on it and then touching your own mouth or nose may cause infection.
 - Wash your hands frequently with soap and water. Alcohol-based hands cleaners are also effective. Avoid touching surfaces and then touching your face. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Background:

- A non-seasonal flu identified as swine influenza A (H1N1) appears to have originated in Mexico. This virus has spread to the United States. In the United States, this virus has resulted in relatively mild illness.
- Swine flu is a respiratory disease that typically infects only pigs. In late March and early April, cases of human-to-human infection were first reported in Mexico and then Southern California and near San Antonio, Texas. Most recently, cases have been reported in New York, Kansas, Arizona, Indiana, Massachusetts, Michigan, Nevada, South Carolina and Ohio. The CDC has determined that this virus is contagious and is spreading from human to human.
- The symptoms of swine flu in people are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. If you get sick with these symptoms, call your doctor and limit your contact with other people as much as possible. **Do not** report to your local emergency room.

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