



Gulf County
School Health

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Swine Flu "What's all of the fuss"

Mexico Connection

The Government of Mexico has reported three separate events. In the Federal District of Mexico, surveillance began picking up cases of Swine Flu, starting in March. The early reports were from Mexico City. The number of cases has risen steadily through April and in San Luis Potosi, in central Mexico and from Mexicali, near the border with the United States.



CDC Updates Daily

The United States Government has declared a public health emergency in the United States. CDC's response goals are to reduce transmission and illness severity, and provide information to help health care providers, public health officials and the public address the challenges posed by this emergency. CDC is issuing and updating [interim guidance](#) daily in response to the rapidly evolving situation. CDC's Division of the Strategic National Stockpile (SNS) continues to send antiviral drugs, personal protective equipment, and respiratory protection devices to all 50 states and U.S. territories to help them respond to the outbreak. The swine influenza A (H1N1) virus is susceptible to the prescription [antiviral drugs](#). Stay informed:
<http://www.cdc.gov/swineflu/>

Why the Concern?

The majority of these cases have occurred in otherwise healthy young adults. Influenza normally affects the very young and the very old, but these age groups have not been heavily affected in Mexico. Because there are human cases associated with an animal influenza virus, and because of the geographical spread of multiple community outbreaks, plus the somewhat unusual age groups affected, these events are of high concern.

Behind the scenes: State & Local

- The Florida Department of Health in coordination with the Local Health Departments are monitoring the epidemic and making preparations for Florida Residents if needed.
- The Gulf County health Department has a response team for all health related emergencies that is continually planning for your protection.

How does it spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

USA April 30th	# of laboratory confirmed cases	Deaths
Arizona	1	
California	14	
Indiana	1	
Kansas	2	
Massachusetts	2	
Michigan	1	
Nevada	1	
New York	50	
Ohio	1	
South Carolina	10	
Texas	26	1
TOTAL COUNTS	109 cases	1 death

What can I do?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What are the Symptoms?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

For more information check out the CDC web sties for daily updates on Swine Flu

http://www.cdc.gov/swineflu/swineflu_you.htm

<http://www.cdc.gov/swineflu/>

Can I get it from eating Pork?



No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly

Regina Washabaugh RN
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