

SWINE FLU UPDATE

The current swine flu outbreak first reported in Mexico City just over a week ago has affected several countries including the United States. There is currently one confirmed case of swine influenza virus infection identified in Arizona. Arizona influenza surveillance has been ongoing. The Arizona Division of Public Health Services has enhanced surveillance with county health departments, laboratories and healthcare providers given the current swine flu situation.

The flu is different from a cold. The flu usually comes on suddenly, and most importantly, includes the following characteristic symptoms:

- Rapid onset (<72 hrs),
- Fever > 37.8o C (100o F),
- Cough

When influenza is circulating within the community, patients with an influenza-like illness, who have both cough and fever within 48 hours of symptom onset, are likely to have influenza.

- Other possible indicators (in addition to above): Sore throat, Myalgia (muscle aches and pains), Headache, Rhinitis (runny nose), Lethargy (excessive tiredness), and Loss of appetite

Infection control measures

- Number one way to prevent spread of infection is frequent and thorough hand washing.
 - Please go to: http://www.cdc.gov/nceh/vsp/cruiselines/handwashing_guidelines.htm to review proper hand washing techniques
- Physicians and students must wear a surgical mask and eye protection and should wear gloves and a gown.
 - Please go to: http://www.cdc.gov/ncidod/dhqp/gl_isolation_droplet.html to review respiratory droplet precautions

Prevention and Treatment

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- When you cough or sneeze cover your mouth with a tissue. If you do not have a tissue, cover your mouth and nose.
- Put your used tissues in a waste basket
- Avoid touching your eyes, nose or mouth.
- 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 have influenza-like illness you should stay out of school or work for 7 days or at least 24 hours after symptoms resolve.
- Get plenty of sleep

- Do plenty of exercise
- Try to manage your stress
- Drink plenty of liquids
- Eat a well balanced diet
- Refrain from touching surfaces which may have the virus
- Do not get close to people who are sick
- Stay away from crowded areas if there is a swine flu outbreak in your area
- Common anti-viral herb and nutrients
- Immune support
- Homeopathic medicines
- Prescription medications oseltamivir (Tamiflu) and zanamivir (Relenza)
- IV therapies for potent immune boosting and anti-viral activity

If you would like additional information you may go on line at either the Arizona Department of Health Services at www.azdhs.gov or the CDC at www.cdc.gov.