



Can I get swine influenza from eating or preparing pork?

No. Swine influenza

viruses are not spread by food.

You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Call or Visit us for more information.

THE HEALTH SERVICES UNIT

The University of the West Indies
St. Augustine, Trinidad W.I

Phone: (868) 662-2002 ext: 2149/2152

Counselling ext: 2491

website: <http://sta.uwi.edu/health/>

Reference:

www.cdc.gov/flu

http://www.CDC.gov/swineflu/general_info.htm

This leaflet is prepared by the Health Services Unit,
UWI, St. Augustine.



H1N1 Flu

(SWINE Flu)



The FACTS

HSU- 662-2002, ext 2149, 2152



H1N1 Flu SWINE INFLUENZA

What is Swine Influenza?

Swine Influenza (swine flu) is a febrile respiratory illness caused by the Type A influenza (H1N1) virus, it usually presents with flu like symptoms similar to the seasonal influenza.

How does swine flu spread?

The spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that the 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.



If you who have developed any symptoms of an acute febrile respiratory illness and have travelled to an area where the virus have been confirmed or have been in contact with people

who have been in these areas within the last seven days, you should report to the Health Service Unit.

How can someone with the flu infect other person?

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.

What are the symptoms?

The symptoms of swine flu in people are:

- ✦ Fever
- ✦ Coughing
- ✦ Runny nose/ Nasal Congestion
- ✦ Sore Throat
- ✦ Vomiting and Diarrhea

How can human infected with the swine influenza be diagnosed?

To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 4 to 5 days of illness (when an infected person is most likely to be shedding virus). However, some persons, especially children, may shed virus for 10 days or longer. Identification as a swine influenza A

virus requires sending the specimen for laboratory testing.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

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 the swine influenza virus; it is recommended that you stay at home from work or school and limit contact with others to keep from infecting them.