

### **What is the best way to keep from spreading the virus through coughing or sneezing?**

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

### **What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands – with soap and warm water – that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

### **How serious is swine flu infection?**

Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths. Swine flu infection can be serious and could lead to death.

### **What should I do if I get sick?**

If you live in areas where swine influenza cases

have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others. If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

If you have questions, call AultCare at 330-363-6360 and ask for the Utilization Management Department.

# Swine Flu Questions & Answers

Information Provided by:

CDC – Centers for Disease Control and Prevention

**FOR MORE INFO: 1-800-CDC-INFO**



**AULTCARE**  
[www.aultcare.com](http://www.aultcare.com)

For more information, visit:

[www.cdc.gov/flu](http://www.cdc.gov/flu)

[www.avma.org/public\\_health/influenza/default.asp](http://www.avma.org/public_health/influenza/default.asp)

[www.befoodsafe.gov](http://www.befoodsafe.gov)

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## Questions & Answers

### What is swine flu?

Swine Influenza (swine flu) is a respiratory disease 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.

### Is this swine flu virus contagious?

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.

### What are the signs and symptoms of swine flu in people?

Fever, cough, sore throat, body aches, headache, chills and fatigue, diarrhea and vomiting. In the past, severe illness (pneumonia and respiratory failure) infection in people.

### How does swine flu 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 flu. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### How can someone with the flu infect someone else?

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 should I do to keep from getting the flu?

- Wash your hands
- Get plenty of sleep
- Manage your stress
- Drink plenty of fluids
- Avoid close contact with sick people

### Are there medicines to treat swine flu?

Yes. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

### How long can an infected person spread swine flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they have symptoms and possibly for up to 7 days following illness onset.

### What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

### How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these surfaces.

### 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, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.