

## Huntingdon County

### Swine Flu

***Understanding Swine Flu is important, just as it is to understand any influenza that may affect your family. Here is some key information regarding the current outbreak:***

### Flu Symptoms

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs. It can cause mild to severe illness, and at times can lead to death.

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

#### **If You Get Sick**

Most healthy people recover from the flu without complications. If you get the flu:

- Stay home from work or school.
- Get lots of rest, drink plenty of liquids, and avoid using alcohol and tobacco.
- There are over-the-counter (OTC) medications to relieve the symptoms of the flu (but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever).
- Consult your doctor early on for the best treatment, but also be aware of emergency warning signs that require urgent medical attention.

### Emergency Warning Signs

**Seek emergency medical care** if you or someone you know is having any of following warning signs discussed below:

**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

**Seek emergency medical care** if you or someone you know is experiencing any of the signs above.

***The following are useful links for updates and additional information regarding the current Swine Influenza outbreak:***

### **Informational Guidance:**

- **CDC:** <http://www.cdc.gov/H1N1FLU/> guidance documents are included.
- **PA DOH:** [PA Dept. of Health H1N1 Page](#) OR 877-PA-HEALTH
- [Huntingdon County Pandemic Influenza Guidebook](#)

[Key Facts About Swine Flu](#)

[Influenza Prevention](#)

<http://www.pandemicflu.gov/> - US Government Pandemic Info Site

<http://www.who.int/en/> - World Health Organization

[Seasonal Flu Facts](#)

[Map of Known Outbreak Locations](#)

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