

Swine Flu Information Sheet

Current information (April 26, 2009):

Public health officials within the United States and throughout the world are investigating outbreaks of swine influenza (swine flu).

Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur. Public health officials have determined that this strain of swine flu virus spreads from human to human and can cause illness.

The outbreak is ongoing and additional cases are expected.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

- Fever (greater than 100° F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue

What the Department of Public Health is doing:

- Closely monitoring the situation and receiving regular briefings from federal health officials
- Increased surveillance for influenza-like illness in the state
- Requested infectious disease physicians and emergency room directors to submit samples to the DPH Laboratory for testing from patients who are experiencing flu-like symptoms and have traveled to recently affected areas

How to protect yourself and others:

- Avoid contact with ill persons.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.
- If you think you are ill with flu, avoid close contact with others as much as possible. Stay at home or in your hotel room. Seek medical care if you are severely ill (such as having trouble breathing). Do not go to work, school, or travel while ill.

Where to get more information:

- Centers for Disease Control and Prevention: www.cdc.gov
- For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel.
- Department of Public Health: www.ct.gov/dph/swineflu