



What is swine flu?

Swine Influenza (Type A H1N1 Influenza) is a respiratory disease of pigs 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. People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset.

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

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness and deaths have been reported with swine flu infection in people.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

General 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.
- Try to avoid close contact with sick people.
- If you get sick with influenza, you are recommended to stay home from work or school and limit contact with others to keep from infecting them.

Can I get swine influenza from eating or preparing pork?

No. Swine influenza viruses are not spread by food. Eating properly handled and cooked pork products is safe.

What should I do if I get sick?

If you are sick, you should wear a mask and visit your doctor, 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
- 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

OUR CLINICAL PRACTICE PRECAUTIONS

- Surgical face masks should be worn when come to close contact with clients, or when the staff or any client having signs and symptoms of respiratory infection. Febrile conditions must be reported to the management.
- Wipe the treatment tables after used by any client immediately with Cidex solution. Gloves and masks should be worn during cleansing to avoid skin and respiratory tract irritation.
- Wash hands with microshield detergent between handling of clients.
- Any client having signs and symptoms of respiratory infection is suggested to wear a face mask, a face mask is provided if need.