

SWINE FLU UPDATE April 30, 2009

Current level of influenza pandemic alert raised from Phase 4 to 5

Phase 5 is characterized by human-to-human spread of the virus into at least two countries in one WHO (World Health Organization) region. While most countries will not be affected at this stage, the declaration of Phase 5 is a strong signal that a pandemic is imminent and that the time to finalize the organization, communication, and implementation of the planned mitigation measure is short.

WHO advises no restriction of regular travel or closure of borders. It is considered prudent for those who are ill to delay international travel and for people developing symptoms following international travel to seek medical attention.

There is also no risk of infection from this virus from consumption of well-cooked pork or pork products. Individuals are advised to wash hands thoroughly with soap and water on a regular basis and should seek medical attention if they develop any symptoms of influenza-like illness.

Signs and symptoms of swine flu in people are similar to the symptoms of regular flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Some people have reported diarrhea and vomiting

What should you do if you get sick?

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 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.