

How Are You Feeling?

A Student's Guide

Swine flu is a respiratory disease of pigs that doesn't normally impact humans. However, it is contagious and is currently spreading from human to human. This typically occurs the same way as seasonal flu: by coming in contact with infected people who are coughing or sneezing.

Signs & Symptoms

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
- Fatigue

Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

Take this condition seriously, as swine flu varies from mild to severe. If you feel sick, see a doctor. You may need to limit your contact with others so you don't infect them. And avoid spreading germs by:

- Not touching your eyes, nose or mouth

- Covering your nose and mouth with a tissue when you cough or sneeze (and then throwing that tissue out!)
- Washing your hands often with soap and water, especially after coughing or sneezing, or using alcohol-based hand cleaners

Source: www.cdc.gov/swineflu/swineflu_you.htm

Emergency Warning Signs

Seek emergency medical care if you become ill and experience any of the following warning signs:

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

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Control of Pandemic Flu Virus on Environmental Surfaces in Homes and Public Places

This fact sheet explains how cleaning and disinfecting surfaces in homes and public places (like schools) can help to prevent the spread of pandemic influenza (flu).

How to Stop the Spread of Pandemic Flu Virus from Environmental Surfaces

Use good hygiene practices

- Cover your mouth and nose with a tissue when you cough or sneeze; put the used tissue in a wastebasket and clean your hands.
- Cover your mouth and nose with your upper sleeve (not your hands) if you do not have a tissue and need to cough or sneeze.
- Clean your hands as soon as possible after coughing, sneezing, or blowing your nose.
- Use soap and water and wash your hands for 15 - 20 seconds; or
- Use alcohol-based hand wipes or alcohol-based (60-95% alcohol) gel hand sanitizers; rub these on the hands until the liquid or gel dries.
- Clean your hands often when you or others are sick, especially if you touch your mouth, nose, and eyes.
- Always clean your hands before eating.
- Carry alcohol-based hand wipes or alcohol-based (60-95% alcohol) hand-sanitizing gels with you to clean your hands when you are out in public.
- Teach your children to use these hygiene practices because germs are often spread at school.

Clean and disinfect hard surfaces and items in homes and schools

- Follow label instructions carefully when using disinfectants and cleaners.
- Pay attention to any hazard warnings and instructions on the labels for using personal protective items (such as household gloves).

- Do not mix disinfectants and cleaners unless the labels indicate it is safe to do so. Combining certain products (such as chlorine bleach and ammonia cleaners) can be harmful, resulting in serious injury or death.
- Keep hard surfaces like kitchen countertops, tabletops, desktops, and bathroom surfaces clean and disinfected.
- Clean the surface with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). These products can be used when surfaces are not visibly dirty.
- Another way to do this is to wash the surface with a general household cleaner (soap or detergent), rinse with water, and follow with a disinfectant. This method should be used for visibly dirty surfaces.
- Use disinfectants on surfaces that are touched often. Clean the surface as explained above before using disinfectants.
- If disinfectants are not available, use a chlorine bleach solution made by adding 1 tablespoon of bleach to a quart (4 cups) of water; use a cloth to apply this to surfaces and let stand for 3 - 5 minutes before rinsing with clean water. (For a larger supply of disinfectant, add ¼ cup of bleach to a gallon [16 cups] of water.)
- Wear gloves to protect your hands when working with strong bleach solutions.
- Keep surfaces touched by more than one person clean and disinfected. Examples of these surfaces include doorknobs, refrigerator door handles, and microwaves.
- Clean with a combination detergent and disinfectant product. Or use a cleaner first, rinse the surface thoroughly, and then follow with a disinfectant.
- Use sanitizer cloths to wipe electronic items that are touched often, such as phones, computers, remote controls, and hand-held games.
- Use sanitizer cloths to wipe car door handles, the steering wheel, and the gear shift.

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Control of Pandemic Flu Virus on Environmental Surfaces in Homes and Public Places

Use recommended laundry practices

- Gently gather soiled clothing, bedding, and linens without creating a lot of motion or fluffing; for example, do not shake sheets when removing them from the bed.
- Clean your hands after handling soiled laundry items.
- Use washing machine cycles, detergents, and laundry additives (like softener) as you normally do; follow label instructions for detergents and additives.
- Dry the cleaned laundry items as you normally do, selecting the dryer temperature for the types of fabrics in the load. Line- or air-drying can be used to dry items when machine drying is not indicated.
- Clean your hands before removing clean laundry from the washer or dryer, especially if you have coughed or sneezed on your hands.

Use recommended waste disposal practices

- Toss tissues into wastebaskets after they have been used for coughs, sneezes, and blowing your nose.
- Place wastebaskets where they are easy to use.

- Avoid touching used tissues and other waste when emptying wastebaskets.
- Clean your hands after emptying wastebaskets.

Additional Information

Disinfectant products (sanitizer cloths and liquid disinfectants) available from grocery stores, hardware stores, and commercial cleaning product suppliers have been registered with the U.S. Environmental Protection Agency (EPA). Always follow label instructions carefully when using these products. For more information about EPA-registered disinfectants, visit www.epa.gov/oppad001/chemregindex.htm. For more information about cleaning and disinfection of surfaces to protect against pandemic influenza virus, consult "Interim Guidance on Environmental Management of Pandemic Influenza Virus" at www.pandemicflu.gov/plan/healthcare/influenzaguidance.html. To learn more about pandemic influenza, visit www.pandemicflu.gov.

Source: This fact sheet will be updated as needed, so check www.pandemicflu.gov/plan/individual/pandemicfacts.html for the most recent information.

How Flu Viruses Spread

- A flu pandemic is an outbreak of illness caused by a new flu virus that spreads around the world. Because the virus is new to people, nearly everyone will be at risk of getting it.
- The main way that illnesses like colds and flu are spread is from person to person by coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person move through the air and make contact with the mouth or nose of people nearby.
- Droplets from an infected person can also make contact with environmental surfaces (like the tops of tables). The virus can then be spread from those surfaces if a person touches the droplets and then touches his or her own eyes, mouth, or nose before washing his or her hands.
- The virus also can be spread when an infected person coughs or sneezes into his or her hands and then touches a surface (like a phone, remote control, or toy) before washing his or her hands. Another person could become sick if he or she touches that surface and then touches his or her own eyes, mouth, or nose before washing. Flu viruses and other germs can live 2 hours or longer on hard environmental surfaces like tables, doorknobs, and desks. Surfaces are likely to be touched much more often than they can be cleaned and disinfected. Thus, it is important to wash your hands often, keep your hands away from your face, and keep such surfaces clean to help prevent the spread of germs.

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