

Swine Flu Facts

What is swine flu?

Swine Influenza (swine flu) 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, but in the past, this transmission was limited and not sustained beyond three people.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

How does swine flu spread?

Spread of this virus is thought to spread in the same way as the seasonal flu virus. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes a person may become infected by touching something with flu viruses on it and then touching their mouth or nose.

The symptoms of Swine Flu

The most common symptoms are fever, fatigue, lack of appetite and coughing, although some people also develop a runny nose, sore throat, vomiting or diarrhea.

What to do if you have these symptoms

Stay home from work or school, to avoid spreading your illness to other people. Avoid traveling on airplanes, buses or trains. People should call their provider to ask about the best treatment, but should not simply show up at a clinic or hospital that is unprepared for their arrival.

Swine Flu Treatment

If a person becomes sick with swine flu, antiviral drugs can make the illness milder and make the patient feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick. Beside antivirals, palliative care, at home or in a hospital, focuses on controlling fevers and maintaining fluid balance.

The U.S. Centers for Disease Control and Prevention recommends the use of Tamiflu or Relenza for the treatment and/or prevention of infection with swine influenza viruses, however, the majority of people infected with the virus make a full recovery without requiring medical attention or antiviral drugs.

How to protect yourself

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough into your elbow.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Use disinfectants on frequently touched surfaces. Germs can also be spread when a person touches an infected surface and then touches their own eyes, mouth or nose.

Several Clorox Products Effective Against Swine Flu

The U.S. Environmental Protection Agency has advised Clorox that disinfectants effective against Influenza A are also effective against 2009 H1N1 flu virus (swine flu). This means that these hard surface disinfectant products can help prevent the spread of the germs that cause H1N1 flu. Clorox products you can turn to are:

- Clorox® Regular-Bleach*
- Clorox® Clean-Up® Cleaner with Bleach spray cleaner*
- Clorox® Disinfecting Wipes*

References

CDC Swine Flu: www.cdc.gov/swineflu

WHO Swine Flu FAQs: www.who.int/csr/disease/swineflu/faq/en/index.html

To disinfect your living space: www.pandemicflu.gov/plan/individual/panfacts.html.
and www.epa.gov/oppad001/influenza-disinfectants.html.