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Swine Flu Update

The Ohio Department of Health (ODH) has confirmed a case of swine flu involving a 9-year-old boy from Lorain County. The patient is considered to have a mild case of the disease and is recovering at home. ODH and local health departments are working with health care providers and hospitals around the state to determine if there are other cases.

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.

SYMPTOMS

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

Some people have reported diarrhea and vomiting associated with swine flu. 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.

PRECAUTIONS

- 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.

Visit us on the web at www.loganhealth.org.

- 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). There are antiviral medications for prevention and treatment of swine flu that a doctor can prescribe. Do not go to work, school, or travel while ill.

TESTING CRITERIA

Clinicians should consider swine influenza infection in the differential diagnosis of patients with acute febrile respiratory illness. A confirmed case of swine influenza A (H1N1) is defined as a person with an acute respiratory illness with laboratory confirmed swine influenza.

Acute respiratory illness:

- Rhinorrhea or nasal congestion
- Sore throat
- Cough
- Fever or feverishness

Influenza-like illness:

- Fever > 100°F plus cough or sore throat

Patients who have either been in contact with persons with confirmed swine flu, or who were in Mexico or one of the five U.S. states that have reported swine flu cases during the seven (7) days preceding their illness onset, should be tested. These states include California, Kansas, New York City, Ohio and Texas. Patients should be isolated for seven (7) days from the time symptoms are noted. Sensitivity to oseltamivir and zanamavir has been reported.

Logan County Health District should be called with suspect cases so that an investigation can be done of the suspect case and any contacts.

For more information concerning swine flu infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/swineflu/>. For specific information on travel precautions and an update on the affected areas, please visit: www.cdc.gov/travel. **For specific questions concerning swine flu, call the Ohio Department of Health Swine Flu Hotline between the hours of 8:00 am and 5:00 pm: 866-800-1404.**

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