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SWINE FLU FACTS

April 29, 2009; 3:15 p.m.

Remember that things are changing daily, hourly...

- 1) Yes, it is a virus new to human immune system.
- 2) It does seem to spread easily person to person.
- 3) The incubation period could be up to two weeks, but is typically within 48 hours.
- 4) It is not contagious seven days after the start of the illness.
- 5) Of 91 proven cases in U.S., only seven people are hospitalized and most with very mild illness; only one death has been reported.
- 6) You cannot get it from eating pork, only from human spread.
- 7) This year's seasonal flu vaccine will almost certainly not protect against swine flu.
- 8) There is only one confirmed case in Ohio, all others tested have been negative.
- 9) All ill in the U.S. have been to Mexico in the previous two weeks or were in very close contact with ill persons returning from that country.
- 10) The virus is sensitive to Tamiflu.
- 11) The Mary Rutan Hospital and the Logan County Health District will have enough courses of Tamiflu from the Strategic National Stockpile (SNS) to treat all seriously ill people if it spreads to our county.
- 12) We have time to prepare. We are meeting daily within our organization and with EMA and hospital officials. We have prepared for this since 2001, and despite low staffing levels due to the levy failure, we are ready!
- 13) The worst thing to do is crowd the ER or doctors offices for minor respiratory illnesses.
- 14) Use common sense precautions:
 - Cover your cough
 - Wash your hands, wash your hands, wash your hands
 - Keep your hands away from your face
 - Stay home if you are sick
 - Don't travel to Mexico or any area within the U.S. with influenza
 - Avoid airplane travel if possible
 - Practice social distancing (3-4 feet from others; don't crowd into small areas)
 - Recheck your emergency supplies, especially medications, to ensure you can survive store closings, etc.
- 15) Websites:
 - www.cdc.gov
 - www.odh.ohio.gov
 - www.loganhealth.org (local updates)

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