

Swine Flu: What You Should Know

What is swine flu?

Swine flu is a flu that normally occurs in pigs. A person can get swine flu if they have direct contact with an infected pig or person. Cases of swine flu have been identified in Mexico and those who have traveled from Mexico. Some mild cases were found in New York City at the St Francis Preparatory High School in Fresh Meadows, Queens, where some students had recently traveled to Mexico for spring break. A few cases have also been identified in other states.

How does swine flu spread?

It spreads from person-to-person through coughing and sneezing, just like the way seasonal flu spreads. You can also get infected by touching something with flu viruses on it and then touching your mouth or nose. You can not get swine flu from touching or eating pork. Pork and pork products should always be fully cooked to be safe for eating.

What are the signs and symptoms of swine flu?

The symptoms of swine flu in people are similar to those of regular seasonal flu. They include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting. If you have these symptoms, don't panic. You most likely have a common cold or seasonal flu. You do not need to be tested or treated if your symptoms are not severe.

Severe symptoms:

In Children:	In Adults
Trouble breathing Unable to drink enough fluids Not waking up or being irritable Child doesn't want to be held Fever with a rash	Trouble breathing or shortness of breath Chest pain Confusion Severe vomiting

See a doctor if you have severe symptoms of swine flu AND:

- Had recently traveled to Mexico.
- Had close contact with a sick student or employee at St. Francis Preparatory High School.
- Had close contact with a person with suspected or confirmed case of swine flu.

Testing for swine flu and treatment is only recommended for those severely ill.

Will a flu shot protect me from getting swine flu?

No, a regular flu shot will not protect you. There is also no vaccine available yet.

Take these steps to protect yourself and your family from getting swine flu:

- Encourage everyone to cover their nose and mouth when coughing or sneezing. You can cough or sneeze into a tissue or into the elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with sick people.
- If you get sick with flu-like symptoms, stay home from work or school. Also limit contact with others to keep from passing it on to others.

This patient education material was developed for you by the Charles B. Wang Community Health Center. The content has been reviewed by clinical staff. The material is not a substitute for professional medical advice, diagnosis or treatment. See your doctor or qualified health care provider if you have a medical condition or questions about a medical condition.

豬流感：你需要知道的常識

什麼是豬流感？

豬流感是一種在豬隻中常見的流感。與受感染的豬或人直接接觸就可能會傳染上豬流感病毒。目前在墨西哥和最近曾去墨西哥旅行的人當中發現了豬流感。位於紐約市皇后區新鮮草原的聖方濟預校（St. Francis Preparatory High School）的一些學生在春假期間去過墨西哥旅行，隨後被發現患上癥狀相對輕微的豬流感。同時，其它幾個州也出現了豬流感病例。

豬流感是如何傳播的？

豬流感和其它季節性流感的傳播方式一樣，主要是通過一個人咳嗽和打噴嚏傳染給另一個人。如果你觸摸了帶有流感病毒的物品，然後又觸摸自己的嘴巴或鼻子，你也可能因此受感染。接觸或食用豬肉不會讓你患上豬流感。豬肉及豬肉制成品經煮熟後，能供安全食用。

豬流感的徵兆和癥狀有哪些？

患豬流感的癥狀和其它普通季節性流感相似，包括：發燒、咳嗽、喉嚨痛、全身酸痛、頭痛、發冷和疲倦。部分病人出現腹瀉和嘔吐。如果你發現自己有這些癥狀，不要驚慌。你很可能只是患上了普通感冒或季節性流感。如果你的癥狀輕微，你不需要作檢查或治療。

嚴重癥狀：

兒童：	成人：
呼吸困難 不願意喝足夠的液體 昏迷不醒或者易怒 小孩不願意被抱著 發燒，並且長出疹子	呼吸困難或急促 胸口痛 神志不清 嘔吐嚴重

如果你有嚴重流感癥狀，又符合下列條件之一，你應該去見醫生：

- 最近曾經去過墨西哥。
- 和聖方濟預校的患病學生或職員有過密切接觸。
- 和其他被懷疑或已確認患豬流感的人有過密切接觸。

只有癥狀嚴重的人才需要接受檢查或治療。

流感疫苗可以預防豬流感嗎？

不能。一般的流感疫苗不能給你提供預防性的保護。至今還沒有可以預防豬流感的疫苗。

採取以下日常措施來幫助自己和家人預防豬流感：

- 提醒每個人在咳嗽和打噴嚏時蓋住自己的嘴巴和鼻子。你可以對著紙巾或者自己的肘部咳嗽和打噴嚏。
- 常用肥皂和清水洗手，特別是在咳嗽或打噴嚏以後。酒精類的手部清潔液同樣有效。
- 避免觸摸你的眼睛、鼻子或嘴巴。病毒就是這樣傳播的。
- 盡量不要密切接觸已經患病的人。
- 如果你有流感癥狀，請留在家裏，不要去上學或上班。盡量減少和他人接觸，避免將流感傳染給他人。

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