

Swine Flu

Swine flu is a viral respiratory disease of pigs that has recently undergone a genetic change to now infect humans. Symptoms of swine flu may include fevers, headache, runny / stuffy nose, dry cough, muscle aches and nausea / vomiting / diarrhea. Transmission of swine flu is by person-person and via respiratory droplet secretions. More specifically, people may become infected if they touch something with the flu virus and then touch their mouth or nose. You cannot get swine flu from eating pork. The incubation period for this flu is between 1-7 days (closer to 1-4) and there are 2 anti-viral medications that can reduce both the duration and severity of this disease. Prevention is the goal to staying well. Encourage your employees to use new paper towel every time they sneeze or cough and to wash their hands with soap and water for at least 20 seconds. An alcohol based sanitizer is also effective. Advise them to avoid touching their eyes, nose and mouth as the virus can spread this way. Likewise, avoid contact with other sick people and if you do get ill, stay away from work or school to avoid infecting other people. For more information or if you think you may have swine flu, please see your family doctor and for more details about prevention visit www.cdc.gov .