

KEEPING SAFE DURING SWINE FLU OUTBREAK

According to CNN, the first U.S. Swine Flu death has been reported out of Houston Texas.

This is tragic news and as this virus spreads, National PTA wants to ensure you have the proper information to keep your family and schools safe from this outbreak.

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Outbreaks of swine flu have been making headlines all over the world. What makes the swine flu more serious than other kinds of flu? What can you do to keep your family safe?

Swine flu is a respiratory disease of pigs that normally does not affect humans. In the rare instances when it does, people are more vulnerable because they have not had a chance to develop natural immunity as they would with more common illnesses. Therefore, people who catch swine flu can become very ill or even die.



¹The symptoms of swine flu include:

Fever (greater than 100°F or 37.8°C)	
Sore throat	Cough
Stuffy nose	Chills
Headache and body aches	Fatigue
Diarrhea	Vomiting

As of April 27, there were a total of 64 cases reported in California, Kansas, New York City, Ohio, and Texas. The U.S. Centers for Disease Control and Prevention (CDC) has put its emergency response into effect to help states cope with outbreaks, including releasing antiviral drugs and protective equipment and issuing news updates and advice.

Staying healthy

The CDC suggest that adults and children follow this advice:

- *Avoid contact with those who are ill.
- *Wash your hands often with soap and water.
- *Avoid touching your eyes, nose, or mouth. Germs spread that way.
- *Follow the advice of local health and government authorities. You may be asked to restrict your movement and stay at home.

Pregnant women, people over age 65 or under age 5, and those of any age with certain chronic medical conditions, such as diabetes, lung disease, or heart disease, may be advised to take an antiviral medication to prevent illness if they have had close, household contact with an infected person.

Visit the CDC website for more information about antiviral medication. www.cdc.gov

If you think you have the flu...

Avoid close contact with others.
Stay at home or in your hotel room.
Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
Report your illness to your healthcare provider immediately and inform them of your recent travel.
Do not go to work, school, or travel while ill.

Travel advice

The current swine flu outbreak originated in Mexico; therefore, travel to Mexico is not advised. If you must travel to areas where outbreaks have been confirmed, follow the advice for staying healthy. Print out the travel card located on the CDC website and follow the directions after you return home.

For the swine flu situation in Mexico, visit:

http://www.who.int/csr/don/2009_04_24/en/

The CDC will provide swine flu travel health updates at www.cdc.gov/travel as information becomes available.