



Broomfield Health and Human Services Department

Public Health & Environment Division

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Swine Flu - Signs and Symptoms

What is Swine Influenza?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. Swine flu viruses cause high levels of illness and low death rates in pigs.

What are the symptoms of swine flu in humans?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include **fever, lethargy, lack of appetite and coughing**. Some people with swine flu also have reported **runny nose, sore throat, nausea, vomiting and diarrhea**.

What can I do to help keep myself and family safe?

Recommendations for prevention include general hygiene practices associated with seasonal flu prevention: **Stay home from work/school if you are sick** and experiencing flu-like symptoms, **wash your hands often**, and **cough and sneeze into your elbow**.

What medications are available to treat swine flu infections in humans?

There are four different antiviral drugs that are licensed for use in the U.S. for the treatment of influenza: amantadine, rimantadine, oseltamivir and zanamivir. At this time, the Centers for Disease Control and Prevention (CDC) recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with swine influenza viruses.

How to Protect Myself, Family and Others

Swine flu is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

- Persons who develop influenza-like-illness (ILI) (fever with either cough or sore throat) should be strongly encouraged to self-isolate in their home for 7 days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer.
- Persons who experience ILI and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital.
- Persons who have difficulty breathing or shortness of breath, or are believed to be severely ill, should seek immediate medical attention.
- Household contacts of persons with symptoms consistent with swine influenza should:
 - Remain home at the earliest sign of illness;
 - Minimize contact in the community to the extent possible;
 - Designate a single household family member as the ill persons caregiver. wiasymptomatic persons.

For more information, contact your family physician or the Colorado Help Line (CoHELP) at 1-877-462-2911, or Broomfield Health and Human Services at 720-887-2295