

## **Swine Flu:**

### **What is it?**

Swine Flu is an influenza virus, similar to the normal annual influenza virus but some important different symptoms;

#### Common Cold:

Slow Onset  
Rarely causes a fever  
Rarely causes a headache  
Rarely causes aches & pains  
Mild fatigue

#### Swine Flu:

Sudden onset  
High fever ( over 38°C )  
Headache  
Severe aches & pains  
Prolonged fatigue & weakness

### **How do we prevent transmission?**

- Cover your mouth while coughing and use disposable tissues when blowing your nose
- Wash your hands regularly, especially after coughing or sneezing. Alcohol based gels can also help
- Clean hard surfaces ( incl door handles ) regularly
- Avoid contact with infected people
- If infected, avoid others and stay at home. Contact your GP by phone or use the HSE information line on 1800 941100
- Surgical masks are only indicated for use by infected patients and their carers

### **Who is most at risk?**

The majority of patients contracting pandemic H1N1 2009 influenza will recover without lasting problems. There are some specific patient groups however who are at added risk of complications,

- Chronic lung, heart, kidney, liver or neurological disease
- Immunosuppression
- Diabetes mellitus
- Patients over 65 years of age
- Children under 5 years ( particularly children under 2 )
- Asthmatics
- Overweight patients ( BMI greater than 40 )
- Expectant mothers
- Patients with blood disorders