



Backdoor Reading From Your Parish Nurse

Asbury United Methodist Church



North American Influenza a.k.a. Swine Flu

An epidemic of swine flu has recently developed in Mexico and the US, says the CDC. Swine flu has killed many people in Mexico, and the outbreak has features that suggest it could become a global pandemic. A pandemic is an epidemic that spreads

public health emergency, and suspect or confirmed cases are being reported in many parts of the world.

Flu is a disease caused by the influenza virus. Humans, pigs, birds, and other animals all can be infected by influenza viruses. Typically influenza can only infect one species. But, sometimes a virus can infect more than one species. Pigs can be infected not only by pig influenza but also with human, pig, and bird viruses. The viruses swap genes creating new

viruses that have a mix of genes. That is what happened with this new swine flu virus.

Sometimes the swapping of genes allows a virus that was originally able to infect only pigs or birds, can also infect humans. When that happens it is called swine flu or bird flu. Certain changes in genes create a virus that can spread rapidly to human beings, and can produce a more severe illness. Most people infected have recovered. And in the US all have recovered.

Transmitted by Person

Coughs

Sneezes

Respiratory droplets

Has nothing to do with Eating pork.



Treatment

- *Seek medical attention within 48 hrs.*
- *Antiviral Rx. Tamiflu or Relenza*
- *Use Tylenol not aspirin to reduce fever for 18 and under*
- *There is NO vaccine*



around the whole world. As of Sunday April 26th, the US has declared a

How To Protect Yourself and Others ~ ~ Know The Symptoms

- Vigorous hand washing
- Hand sanitizer
- Cover mouth when cough or sneeze
- Use alcohol wipes on grocery cart handles

- Do not send sick children to school

Symptoms

- Fever > 100°F
- Head and body aches
- Cough

- Sore Throat
- Chills
- Trouble breathing
- Vomiting and/or diarrhea.