

From the Centers for Disease Control and Prevention:

<http://www.cdc.gov/swineflu/>

Human cases of swine influenza A (H1N1) virus infection have been identified in the United States. Human cases of swine influenza A (H1N1) virus infection also have been identified internationally. The current U.S. case count is provided below.

Investigations are ongoing to determine the source of the infection and whether additional people have been infected with swine influenza viruses.

CDC is working very closely with officials in states where human cases of swine influenza A (H1N1) have been identified, as well as with health officials in Mexico, Canada and the World Health Organization. This includes deploying staff domestically and internationally to provide guidance and technical support. CDC has activated its Emergency Operations Center to coordinate this investigation.

Laboratory testing has found the swine influenza A (H1N1) virus susceptible to the prescription antiviral drugs oseltamivir and zanamivir and has issued interim guidance for the use of these drugs to treat and prevent infection with swine influenza viruses. CDC also has prepared interim guidance on how to care for people who are sick and interim guidance on the use of face masks in a community setting where spread of this swine flu virus has been detected. This is a rapidly evolving situation and CDC will provide new information as it becomes available.

WAYS YOU CAN STAY HEALTHY:

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Cough into the bend of your arm, at the elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. You should, however, go to be tested to see if your symptoms are the Swine Flu

Frequent Questions about Swine Flu: http://www.cdc.gov/swineflu/swineflu_you.htm

Key Facts about Swine Flu: http://www.cdc.gov/swineflu/key_facts.htm

From TX Dept of State Health Services: Currently, there are 16 confirmed cases in TX, and 1 death of a 23 month old. As a precaution, campuses that have at least one confirmed case, are closing.

<http://www.dshs.state.tx.us/news/releases/20090429.shtm>

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