

Employee Alert

Swine Influenza A (H1N1) Virus

Current Status (April 28, 2009)

There is still no swine flu in Montana. It is not necessary to avoid public places or crowds in Montana. Always practice good hand hygiene.

Lewis & Clark City/County Health has an information and answer line for Swine Flu.
Phone Number 457-8904

***** Please instruct people to call this number for more information *****

Look for more up to date information and resources on our intranet.

Signs and Symptoms

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

If you are sick, limit your contact with other people as much as possible. **Do not go to work or school if ill.** Practice respiratory etiquette by covering your mouth and nose with a tissue when coughing or sneezing.

Infection Control of Ill Persons in a Healthcare Setting

- Direct patients to use a mask if they have fever and a cough to help prevent spread in our facility.
- The *ill person should wear a surgical mask when outside of the patient room*, and should be encouraged to wash hands frequently and follow respiratory hygiene practices.
- Routine cleaning and disinfection strategies used during influenza seasons can be applied to the environmental management of swine influenza. More information can be found at http://www.cdc.gov/ncidod/dhqp/gl_environinfection.html

Link to Center for Disease Control (CDC):

1. Swine Flu and You: Question and Answer
http://www.cdc.gov/swineflu/swineflu_you.htm