

ILLINOIS HOSPITAL ASSOCIATION

SWINE FLU OUTBREAK INFORMATION/TALKING POINTS

- Our hospital and hospitals across the state are working closely with the Illinois Department of Public Health and local health departments and are sharing information regarding any swine flu activity. Hospitals are also receiving information from the Centers for Disease Control (CDC) and Prevention to stay current on this fluid situation.
- Our hospital pays close attention to preventing infections.
- Our hospital has an infection control professional and has in place strategies to reduce the spread of infections.
- If the swine flu outbreak occurs in Illinois, our hospital has processes and systems in place to support our communities.
- Our hospital and hospitals across the state are prepared to respond to a flu threat – having worked with local communities and the State over the past several years to improve the health system's emergency and disaster preparedness, including responding to a pandemic.

The following information on swine flu is from the Illinois Department of Public Health's web site, http://www.idph.state.il.us/flu/swine_flu_mex.htm.

- For the latest information on human cases of swine influenza A (H1N1) in the United States, click on the following link from Centers for Disease Control and Prevention (CDC).
<http://www.cdc.gov/swineflu/index.htm>
- Swine influenza - swine flu - is a respiratory disease of pigs caused by type A influenza virus.
- Typically, humans are not infected with swine flu.
- Swine flu is not transmitted by food. You cannot get swine influenza from eating pork products, however it is always recommended to thoroughly cook pork to avoid foodborne illness.
- Health officials are working diligently to determine the source of human infection, if additional people have been infected with similar swine flu viruses and to fully assess the health impact of this swine flu virus.

- For questions and answers about Swine Flu, www.idph.state.il.us/flu/swine_flu.htm.

What You Can Do to Stay Healthy

The public should continue to monitor the news and heed the advice provided by federal, state and local health officials and their health care provider. 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.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand 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, you should stay home from work or school and limit contact with others to keep from infecting them.

Symptoms of swine flu are similar to regular human flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue.

Some people also have reported diarrhea and vomiting associated with swine flu.

For people who have flu-like symptoms and have traveled to areas where swine flu has been confirmed, they should seek medical attention. However, if a person has flu-like symptoms but has not traveled to areas where swine flu has been confirmed, they should stay home and contact a doctor to see if they should go in for testing.