

**Source:**

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**Swine Flu**

**Swine Flu Advice**



## **Swine Flu**

Here you will find general information about flu.

This information will be updated whenever changes take place and in agreement with the instructions and new agreements of the Spanish Ministry of Health and Social Affairs.

**What is flu?**

**What is swine flu [new influenza A (H1N1) virus]?**

**What is a flu pandemic?**

**How is swine flu [new influenza A/H1N1 virus] transmitted?**

**What is the transmission period?**

**What are the symptoms of swine flu [new influenza A (H1N1) virus]?**

**Can there be complications?**

**Is there a vaccine for the new virus?**

**Is it necessary to take medicines to treat the flu?**

**And do not forget that...**

**To learn more ...**

**What is flu?**

Flu is an infectious disease that mainly produces breathing symptoms; it is caused by a virus and is transmitted very easily.

**What is swine flu [new influenza A (H1N1) virus]?**

Swine flu or the new influenza A/H1N1 virus is produced by a new variety of flu virus against which we have less defences, precisely because it is new.

## **What is a flu pandemic?**

It is a flu epidemic that affects many countries in the world at the same time.

## **How is swine flu [new influenza A/H1N1 virus] transmitted?**

As it is a flu virus, it is transmitted in the same way as seasonal or common flu: It is spread from person-to-person, mainly when talking, coughing or sneezing and by droplets of saliva or nose secretions that can be left on hands, on surfaces or dispersed in the air.

## **What is the transmission period?**

The flu virus has a maximum transmission capacity that can vary from hours before the onset of symptoms until the first 3 days, but it can continue being transmitted up to 7 days after the onset of the symptoms.

## **What are the symptoms of swine flu [new influenza A (H1N1) virus]?**

The symptoms are seasonal flu-like. It starts suddenly and signs can include fever, muscle pains, general discomfort, coughing, headache, runny nose, sneezing or sore throat.

## **Can there be complications?**

As in the case of seasonal flu, this flu could be serious or present complications for some more vulnerable groups of the population. Health professionals bear this in mind to establish appropriate therapeutic and preventive measures.

## **Is there a vaccine for the virus?**

Work is currently being carried out on the development and production of a vaccine for this virus and it is planned to be available within a few months.

The vaccination dates and procedure, both for seasonal flu and for the new flu, will be duly announced by the health authorities.

The international health authorities will establish the priority groups of people who will receive the vaccination for the new flu.

## **Are there medicines to treat the flu?**

The most appropriate treatment is the same as for the seasonal flu and consists in relieving the symptoms via analgesics and antithermics.

No specific antiviral treatment or antibiotic treatment is required, unless the physician attending the patients considers this necessary.

**And do not forget that...**

- § The evolution of the disease is comparable with seasonal flu, it is still favourable and patients respond to treatment.
- § Given the mildness of the disease, the majority of patients do not require admission into hospital.
- § Swine flu is treated with the same measures and medicines as seasonal flu, with the exception of special situations where a health professional considers that special measures should be applied, too.
- § At the present time, the population must keep calm, follow the official information and the instructions of the health authorities. In our Autonomous Community, all the prevention measures have been activated and our Health System is ready to cope with this situation.
- § Always consult official sources to obtain quality information..
- § The current lines of coordination between the Spanish Ministry of Health and the World Health Organisation are still maintained in all those actions relating to the pandemic: prevention, protection and treatment.

**To learn more...**

**Links**

- ⇒ **Government of Aragon. Department of Health and Consumer Affairs. Directorate General for Public Health**  
(<http://saludpublicaaragon.es>)
- ⇒ **Ministry of Health and Social Affairs**  
(<http://www.msc.es/servCiudadanos/alertas/gripeAH1N1.htm>)
- ⇒ **ECDC European Centre for Disease Prevention and Control**  
(<http://ecdc.europa.eu/en/Default.aspx>)
- ⇒ **CDC Centres for Disease Prevention and Control**  
(<http://www.cdc.gov/h1n1flu/espanol/>)
- ⇒ **WHO World Health Organisation**  
(<http://www.who.int/csr/disease/swineflu/es/index.html>)

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**Swine Flu Advice**

Here you will find recommendations to act against the flu, as well as instructions and necessary resources for people who may be affected.

This information will be updated whenever changes take place and in agreement with the instructions and new agreements of the Spanish Ministry of Health and Social Affairs.

The advice for swine flu is the same as for the seasonal flu that appears every year in the autumn or winter seasons.

### RECOMMENDATIONS FOR THE PUBLIC IN GENERAL

People who are not affected by the flu must continue with their normal lives.

It is not necessary for the public in general to use protection masks.

Try to keep informed about the recommendations made by the health institutions.

It is advisable to follow some minimum basic hygiene measures, such as the following:

- Wash your hands frequently with soap and water (for 15 to 20 seconds), and above all after sneezing or coughing [[link PICTOGRAM](#)]
- Do not share personal hygiene or toiletry items, above all towels and handkerchiefs.
- When you cough or sneeze use a disposable handkerchief (then throw it into a plastic rubbish bag and close it). If you have no handkerchief at that moment, cover your mouth and nose with the inside of your elbow and if this is not possible with your hands.
- Frequently air the house, rooms and common spaces.
- Clean common surfaces and objects of use (counters, bathrooms, handles, knobs, telephones) with common cleaning products.
- Do not say hello by shaking hands, kissing or hugging a person who has cold or flu symptoms. If you do so, wash your hands as soon as possible.
- Avoid crowded public places where there are people who have cold or flu symptoms.

If you think that there may have been a possible contagion do not be alarmed. In this case, continue with your normal life and watch out for possible symptoms. If this occurs, follow the recommendations described below.

### RECOMMENDATIONS FOR DIFFERENT CASES

***(All the questions will have a link to the answer)***

**I believe that I have possible flu symptoms or a person living in my home has possible flu symptoms.**

**What must I do if I am pregnant.**

**A co-worker or co-student has possible flu symptoms.**

**I have been near a person with possible flu symptoms, without contact or with contact (saying hello by shaking hands or kissing, etc. or other types of contact).**

**I do not have flu symptoms but I want information about whether I can easily catch the flu.**

**I do not have flu symptoms but I have a situation or disease that may represent a greater risk if I catch the flu.**

**I am going to travel to another country and I want information about what to do.**

**I want information about flu vaccination.**

**I want information about whether I can eat pork.**

**I believe that I have possible flu symptoms or a person living in my home has possible flu symptoms.**

You can call **SALUDINFORMA at 902 555 321**, to explain your situation. The person answering your call will inform you and give you guidance about the type of healthcare you require, providing you direct access to it.

If you have been diagnosed with flu, apart from the indications that they may give you regarding your personalised healthcare, it is advisable to follow the recommendations given below.

***Recommendations for the patient:***

- ⇒ Stay at home 24 hours after the symptoms have disappeared.
- ⇒ Try to follow the normal recommendations for flu processes: rest and keep hydrated.
- ⇒ Sleep in a separate room whilst you have fever or cough, if possible.
- ⇒ Avoid close contact with other people. Do not receive visits. Do not say hello to other people by shaking hands, kissing or hugging.
- ⇒ If possible, avoid contact of hands with mouth, eyes or nose.
- ⇒ Wash your hands frequently, with soap and water (for 15 to 20 seconds) and above all, after sneezing or coughing. If you wish, you can also use products with an alcoholic base. [link PICTOGRAM]
- ⇒ When you cough or sneeze use a disposable handkerchief (then throw it into a plastic rubbish bag and close it). If you have no handkerchief at that moment, cover your mouth and nose with the inside of your elbow and if this is not possible with your hands.
- ⇒ Do not share personal hygiene or toiletry items, above all towels and handkerchiefs. It is recommendable to change towels a least once a day
- ⇒ It is not essential to use a surgical face mask, but you can use one when you live with a person who may be considered at risk.
- ⇒ Your carer must follow the recommendations of the section “**Recommendations for people living with you and carers**” and *consult your physician if you see any worsening.*

### ***Recommendations for people living with you and carers.***

People living with you will lead a normal life, following the general recommendations given to the patient and to your direct carer.

- ⇒ The patient will be cared for, if possible, only by one of the adult people who live in the home to avoid other possible contagion. Neither pregnant women, children nor other people, who have risk factors, will be carers.
- ⇒ The carer will be familiar with the indications given in section **“Recommendations for the patient”**.
- ⇒ The carer will take appropriate hygiene measures in the home:
  - Air the house, rooms and common spaces every day.
  - Clean surfaces and objects of common use (counters, bathrooms, handles, knobs, toys and telephones) with normal cleaning products. The patient’s bed linen and utensils do not need to be washed separately.
  - Disposable material used by the sick person will be eliminated like the other household waste. Wash your hands after touching the bag and the material to be disposed.
  - Wash your hands frequently and above all after carrying out any of the previous tasks. Avoid contact of hands with mouth, eyes or nose.
- ⇒ The carer will pay attention to the patient’s evolution. In general, the flu evolves satisfactorily in a few days. If the symptoms persist with the same intensity or other new symptoms appear, call 90255532, where you will be given advice and guidance about the most adequate health service for your needs.

### **What must I do if I am pregnant.**

The immune system is naturally reduced during pregnancy, so there is more likelihood of catching flu and developing complications.

If you are pregnant, do not be alarmed; the majority of pregnant women who have had the flu have only had mild symptoms. It is important to maximise hygiene measures, follow general recommendations and if you start to have a fever or other symptoms, contact the health services.

### **A co-worker or co-student has possible flu symptoms.**

You must carry on with your normal life and observe if possible flu symptoms appear within the next 7 or 8 days. If this occurs, follow the recommendations given in the section “I believe I have possible flu symptoms” as well as the general hygiene measures, which include, above all, frequently washing your hands.

### **I have been near a person with possible flu symptoms (saying hello by shaking hands or kissing, etc. or other types of contact).**

You must carry on with your normal life and observe if possible flu symptoms appear within the next 7 or 8 days. If this occurs, follow the recommendations given in the section “I believe I have possible flu symptoms” as well as the general hygiene measures, which include, above all, frequently washing hands.

**I do not have flu symptoms but I want information about whether I can easily catch the flu.**

You must carry on with your normal life. You must not be alarmed. The risk of catching it is no greater than with seasonal flu. You must respect some general hygiene measures that include, above all, frequently washing hands.

**I do not have flu symptoms but I have a situation or disease that may represent a greater risk if I catch flu.**

If you have not had contact with a person that has flu, carry on with your normal life.

You can call the **SALUDINFORMA** at **902 555 321** to explain your situation. The person answering your call will inform you and give you guidance about the type of healthcare you require, providing you direct access to.

**I am going to travel to another country and I want information about what to do.**

National and international health organisations (Ministry of Health, World Health Organisation, European Union, etc.) have not established limitations for international travelling.

If you are travelling to an area that is especially affected by the flu, it is advisable to follow the basic hygiene measures included in the section on recommendations for the general public.

At this moment in time, it has not been demonstrated that the vaccine for seasonal flu protects against swine flu, so the indication of administering the vaccine to international travellers has not been established.

**I want information about vaccination for the flu.**

Work is currently being carried out on the development and production of a vaccine for this virus and it is planned to be available within a few months.

The vaccination dates and procedure, both for seasonal flu and for the new flu, will be duly announced by the health authorities.

The international health authorities will establish the priority groups of people who will receive the vaccination for the novel flu.

**I want information about whether I can eat pork.**

Yes. The virus is not transmitted through food. Flu is not caught by eating pork or its by-products.