

## **\*Swine Influenza Information\***

There have been several cases of swine flu reported in California, Kansas, Texas, Ohio and New York, as well as internationally. No cases have been reported in the Seattle metropolitan area or the State of Washington, and none in the U.S. have resulted in death.

While the federal government has declared a public health emergency as a result of several confirmed cases, the declaration is described as "standard operating procedure" to free up federal resources to combat the virus.

As a result of this outbreak, Renton Technical College would like to make our college community aware of symptoms to look for and how to protect yourself from swine flu.

### ***SYMPTOMS***

The signs and symptoms are similar to regular seasonal human influenza and include:

- Fever
- Cough
- Sore throat
- Body aches/ Headaches
- Chills
- Fatigue
- Occasionally Diarrhea and Vomiting

The virus is mainly spread from person to person through coughing, sneezing and respiratory secretions. The flu is contagious one day before and up to seven days after symptoms start.

### ***PREVENTION***

Here are some ways that you can protect yourself:

- Wash your hands with soap and warm water for 15-20 seconds OR use alcohol based hand sanitizers because the virus lives for two hour on surfaces.
- Avoid close contact with people who are sick with influenza like symptoms.
- Get plenty of sleep, drink plenty of fluids, eat nutritious foods and manage your stress.

**If you notice symptoms**, stay home from work or school, avoid contact with people as much as possible, and call your medical provider for advice. Your health care provider will determine if influenza testing or treatment is needed. Once confirmed, the Centers for Disease Control reports that the swine flu virus is treatable with prescription antiviral drugs.

Please visit the Center for Disease Control and Prevention website for more complete information and facts at: [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)