

TAKE PRECAUTION AGAINST SWINE FLU

Good Hygiene Practices Reduce Infection Risk

What is Swine Flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. Given the new information on the spread, the virus (H1N1) causing the mishap is believed to be a mutated form. The new strain is a hybrid of swine, human and avian flu viruses and the US Centers for Disease Control and Prevention (CDC) says it can spread from human to human but the level of virulence is not yet clear (28.04.2009).



Signs and Symptoms in People

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.

Necessary Precautions – WHO Standard Recommendations

- Avoid close contact with people who appear unwell and who have fever and cough.
- **Wash your hands with soap and water frequently** and thoroughly
- Practice good health habits including adequate sleep, eating nutritious food, and keeping physically active

Spread of the Flu among People

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that one may be able to pass on the flu to someone else before they know they are sick, as well as while that someone is also sick.

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses

are spread mainly from **person to person through coughing or sneezing** of people with influenza. Sometimes people may become infected by **touching something with flu viruses on it and then touching their mouth** or nose.

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset.

Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Necessary Precautions – Other Sources

- **Cough or sneeze into your arm (inside elbow) or into a tissue**, (discard immediately in trash).
Do not cover mouth with your hands. See your doctor if you have fever, cough, sore throat, body aches, headache, chills and fatigue, diarrhea or vomiting
- **Clean and disinfect surfaces frequently** with a registered disinfectant cleaner with virucidal claims. Also products having Influenza A and/or Avian Flu specific claims can be applied .
- Viruses can survive on hard surfaces for two hours or longer; regularly clean & disinfect high touch surfaces such as cafeteria tables, desks, door knobs, light switches, desk tops, restroom fixtures, telephones, door push plates, elevator buttons etc.



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