



The Children's Hospital

## What You Need to Know About Swine Flu

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Swine Influenza A (H1N1) (swine flu) is a respiratory disease normally found in pigs caused by type A influenza viruses. People do not normally get swine flu, but human infections have occurred internationally and recently in the U.S. The Children's Hospital is monitoring the situation closely and making necessary preparations recommended by public health agencies.

### What are the symptoms?

The symptoms of swine flu in people are expected to be similar to the symptoms of [regular seasonal influenza](#). Adults may have fever, cough, sore throat, body aches, headaches, chills and fatigue. Children may have similar symptoms but also can have diarrhea and vomiting.

### What do I do if my child has symptoms?

If you suspect your child may have influenza, call your primary care provider for advice. If you have questions about the swine flu you can also call the Colorado Health Information hotline at 1-877-462-2911.

### How can I prevent the flu?

Because this is a new strain of flu, seasonal flu shots do not protect people. Practicing good hygiene is the best precaution you can take in avoiding the spread of influenza. Swine flu is spread by coughing, sneezing and unclean hands. In order to prevent the spread of germs, [The Centers for Disease Control & Prevention \(CDC\) recommends:](#)

- If you suspect your child has influenza, call your health care provider.
- If your child gets sick, limit contact with others to keep from infecting them.
- You and your child should cover their nose and mouth with a tissue when you coughing or sneezing.
- If your child doesn't have a tissue, tell them to cough or sneeze into their upper sleeve, not their hands.
- Be sure you and your children clean their hands after coughing or sneezing, washing with soap and water, or with alcohol-based hand cleaner.
- Help your children avoid touching their eyes, nose and mouth, as this is how germs are spread.
- If your child has flu-like symptoms, keep them at home until symptoms are gone and limit contact with others.

### Additional resources for swine flu information

- Centers for Disease Control and Prevention ([http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm))
- American Academy of Pediatrics (<http://www.aap.org/advocacy/releases/may09swineflu.htm>)
- Colorado Department of Health (<http://www.cdphe.state.co.us/>)
- [The Flu: All You Need to Know](#)
- The World Health Organization (<http://www.who.int/en/>)
- The Children's Hospital (<http://www.thechildrenshospital.org>)