

Swine Flu General Information

Swine flu is a viral infection of the nose, throat, windpipe, and bronchi. It's caused by the H1N1 Virus. It started in March 2009 and by June had spread to most of the world (becoming pandemic)

Symptoms:

The symptoms of Swine Flu are similar to those of the seasonal influenza.

The main symptoms are cough, sore throat, runny nose and fever. If you don't have a fever, you probably don't have the Swine Flu. Usually, there's more muscle pain, headache, fever and chills than seen with the common cold.

Contagiousness

The Swine Flu virus is spread via airborne droplets, from sneezing and coughing, just like other influenza viruses. To catch Swine Flu you need to have close contact with an infected person. Close contact includes kissing or embracing, sharing eating or drinking utensils, close conversation, interactions with 3 feet, being in the same child care group or car pool, etc. After exposure, 30% of people come down with symptoms in 4 to 6 days. Swine Flu is NOT transmitted by eating pork.

How can you tell if your child has the Swine Flu? If the Swine Flu is widespread in your community and your child has flu symptoms with a fever, then he or she probably has Swine Flu. You don't need to get any special tests because the results won't change the treatment. You don't need to call or see your child's doctor, unless your child is **High-Risk** or develops a possible complications of the flu.

Treatment

The treatment of the Swine Flu depends on your child's main symptoms. It's no different from treating symptoms of the common cold. Antibiotics are not helpful. Most healthy children recover readily without any antiviral medications such as Tamiflu. The CDC recommends Tamiflu for **High-Risk** children who come down with the Swine Flu.

Who are the High-Risk children? The following children are at higher risk for complications from the Swine Flu: those with lung disease (such as asthma), heart disease (such as a congenital heart disease), weak immune system (such as cancer), neurological disease (such as muscular dystrophy), diabetes, sickle cell disease, kidney disease, diseases requiring longterm aspirin therapy or other chronic diseases. Being pregnant is also a risk factor. Healthy children are only at increased risk if they are less than 2 years old.

When can my child return to school? Your child may return to child care or school after the fever is gone for at least 24 hours without the use of a fever reducer (Tylenol or Ibuprofen).

Most children with Swine Flu can easily be treated at home with symptom care. Don't go to the ER or office unless it's indicated. That's where your child could most easily catch the Swine Flu or another virus.

For any concerns or questions, please contact your doctor's office

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