

## **SWINE FLU INFORMATION SHEET**

**American Medical Centers, Kyiv  
Updated, 2 November 2009**

- **How does it spread?**

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H1NI Spreads in exactly the same way as ordinary cold and flu (influenza virus)

SFV is airborne, as the viruses are contained in the tiny droplets that come out while sneezing and coughing.

Incubation period is about 24hrs – 7 days.

High Risk Group: For most people SF is a mild viral illness and they may recover from it just by adapting simple measures mentioned above.

1. Pregnant women.
2. Children under 5.
3. Adults above or 65 years of age.
4. People with chronic lung, cardiac, liver, neurological or kidney diseases
5. People who suffer from diabetes.
6. Immuno-compromised patients.

- **Medications:**

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Use PARACETAMOL for fever. Do not give any ASPIRIN or ASPIRIN containing flu remedies to children as it may cause other aspirin related complications in children under 16

What do the anti-viral do?

1. Reduce the length of time you are ill by one day
2. Relieve some of the symptoms
3. Reduce the possibility of serious complications as, viral or secondary bacterial pneumonia

Antibiotics are used to treat complications only and are not useful in any viral condition.

- **If you are pregnant:**

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1. DO NOT OR AVOID TRAVELLING
  2. AVOID CROWDED PLACES
  3. IF YOU HAVE COME IN CONTACT WITH A PERSON WHO MIGHT HAVE SF, TAKE RELENZA (ZANAMAVIR) , if you have no underlying lung or cardiac diseases
  4. THE ANTIVIRALS WIL NOT AFFECT YOUR PREGNANCY OR CHILD. IT IS SAFE TO TAKE THE APPROVED ANTIVIRALS

5. THE RISK OF TAKING ANTIVIRALS IS SMALLER THAN THE RISK POSED BY THE SYMPTOMS AND COMPLICATIONS OF SF
6. TAKE PARACETAMOL FOR PAIN AND FEVER
7. DO NOT TAKE IBUROFEN.
8. VACCINES SHOULD BE TAKEN AS SOON AS THEY ARE OFFERED.

- **Complications:**

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1. Bronchitis leading to Pneumonia
2. Otitis media
3. Septic shock
4. Meningitis
5. Encephalitis

The Symptoms usually last for about 7 days.

- **Miscellaneous**

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Please note that the symptoms of seasonal flu are very similar and that is why there is likely to be some overlap of circulating flu cases.

School and work should be avoided until you feel that you are getting better or symptoms have resolved.

Facemasks:

There is no evidence that facemasks will prevent you from getting the virus until and unless you are standing very close to a sick person who is sneezing or coughing. The droplets can travel no more than 1 meter or 3 ft.

It may encourage complacency and panic.

Washing hands is more efficient than wearing facemasks as the virus can stay alive on hard surfaces for up to 24 hours.

- **Vaccines available:**

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PANDEMERIC (GSK) - 0.25 x 2 doses in children and 0.5 x 1 dose in adults.

CELVAPAN – two doses of 0.5 mg

**AMERICAN MEDICAL CENTERS, KYIV recommends:**

**Please follow the protocol that has been approved both by the CDC in the US, NHS of UK and the World Health Organization, all noted on their respective websites.**

1. STAY HOME IF YOU FEEL THAT YOU HAVE ANY FLU LIKE SYMTOMS (that are getting worse after 3-5 days of illness) OR SPECIFICALLY
  - a. Unusual tiredness (at times no energy to get up from bed) with aching muscles.
  - b. Sore throat and associated temperature of 38.5 C or 100F or above, that lasts for more than 3 days.
  - c. Shortness of breath.
  - d. Headache.
  - e. Nausea, vomiting or diarrhea.
2. DRINK PLENTY OF FLUIDS
3. TAKE VITAMIN C IN ADJUSTED DOSES FOR ADULT AND PEDIATRIC POPULATION
4. CONSULT YOUR PRIVATE PHYSICIAN OR CLINIC FOR ADVICE (if you all the more fall into the high risk group)  
*If AMC is your provider clinic, please call 490-7600, Dr. Arora, Dr. Derviankin, or Dr. Richard Styles.*
  - a. Describe your symptoms.
  - b. On suspecting H1N1 symptoms, the doctor at AMC will perform a quick test at the clinic, that will differentiate between Influenza A & B and help prescribing the right treatment.
5. TAKE ANTIVIRALS, UNTIL YOU GET VACCINATED AGAINST INFLUENZA A AND B VIRUSES
6. THE ONLY APPROVED ANTIVIRALS ARE:
  - a. OSELTAMIVIR (TAMIFLU)
  - b. ZANAMAVIR (RELENZA)
7. Maintain good basic hygiene methods like washing hands, covering your face while coughing or sneezing, cleaning hard surfaces with alcohol - based solutions.
8. Do not buy any anti-virals on your own.