

Human Swine Flu

As many of you may be aware, there is a new strain of flu called **Human Swine Flu** that likely began in Mexico and is now spreading into other countries world-wide.

What are the symptoms?

Rapid onset of **fever, muscle and joint aches, cough and headache**, just like many types of flu.

There is concern because this is a **new virus that appears to spread easily** between humans (and pigs). There have been some deaths reported associated with this virus but at this time, only mild cases have been reported in Canada.

How is it spread?

Being around an infected person coughing and sneezing and touching any objects that have been coughed or sneezed on (hands, doorknobs, cups etc.)

Precautions Recommended

- **Wash your hands regularly** with soap and water OR alcohol based hand gel, especially after you cough or sneeze AND before you eat.
- **Cover your mouth and/or nose if you cough or sneeze** to reduce the spread of this virus.
- **Avoid touching your eyes, nose or mouth**, as this virus can spread that way.
- **Avoid close contact with people who are sick.**
- **Avoid sharing water bottles, beverages and food**, as this virus can spread that way.
- **If you get these flu like symptoms:**
 - **stay at home and limit contact with others** to keep from infecting them.
 - **call your doctor's office**, or, if travelling, your local health authority for advice.
 - **If you are severely ill such as trouble breathing, seek medical care urgently.**
 - If you are sharing a room, have your room mate move so that you have your own room.

At this time, I would be very cautious about any teams or athletes traveling to Mexico. If you are traveling outside Canada, please take extra care to follow the "Precautions Recommended" mentioned above.

This year's flu shot does not likely protect against the Human Swine Flu.

For more information on the Human Swine Flu please go to the following:

CDC latest info: <http://wwwn.cdc.gov/travel/contentSwineFluTravel.aspx>

General information on the Human Swine Flu:

<http://www.healthlinkbc.ca/healthfiles/hfile108.stm>

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