

# ***Swine Flu and Common Infections to Prepare For***

Rochester Recreation  
Club for the Deaf  
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# Overview

- Fever
- Different “bugs”
- Common infections
- Seasonal Flu
- H1N1 (“Swine”) Flu
- Prevention Steps



# Fever

- Fever starts at 100.4 Fahrenheit
- Thermometers
- Higher fever is concerning for more severe infections
- Hot flashes or feeling warm is not a reliable way to measure temperature



<http://www.chinawholesalegift.com/pic/Health-Gifts/CLinical-Digital-Thermometer/Digital-Clinical-Thermometer-10110248300.jpg>



# Bacteria, Virus and Fungus!

- Bacteria
  - Single cell organism
  - Example is Strep or Staph
- Virus
  - Infectious agent- not a cell
  - Example is the common cold or flu
- Fungus
  - Small organism
  - Example is mold or yeast



# Common Cold

- Rhinovirus
- Most common infection
- Over 100 different types
- Spread by air droplets and contact
- Getting wet in cold weather does not give you the common cold!
- Contagious for up to 2-3 weeks



# Common Cold



- Virus particles can travel up to 12 feet through the air when someone with a cold coughs or sneezes

<http://kidshealth.org/parent/infections/common/cold.html#>

<http://vierdsen.files.wordpress.com/2008/09/common-cold-ayurveda.jpg>



# Common Cold

- Common Symptoms:
  - Sore throat
  - Runny or stuffy nose,
  - Sneezing
- Treatments
  - Saline (salt water) nose spray
  - Advil or Alleve
  - Warm compresses and fluids
- What to Expect
  - ~ 1 week of illness



# Sinusitis

- Most infections are from a virus- if less than 1 week, almost all are viral
- Allergies are a common cause especially if no fever
- Bacteria can be a cause especially if with fever

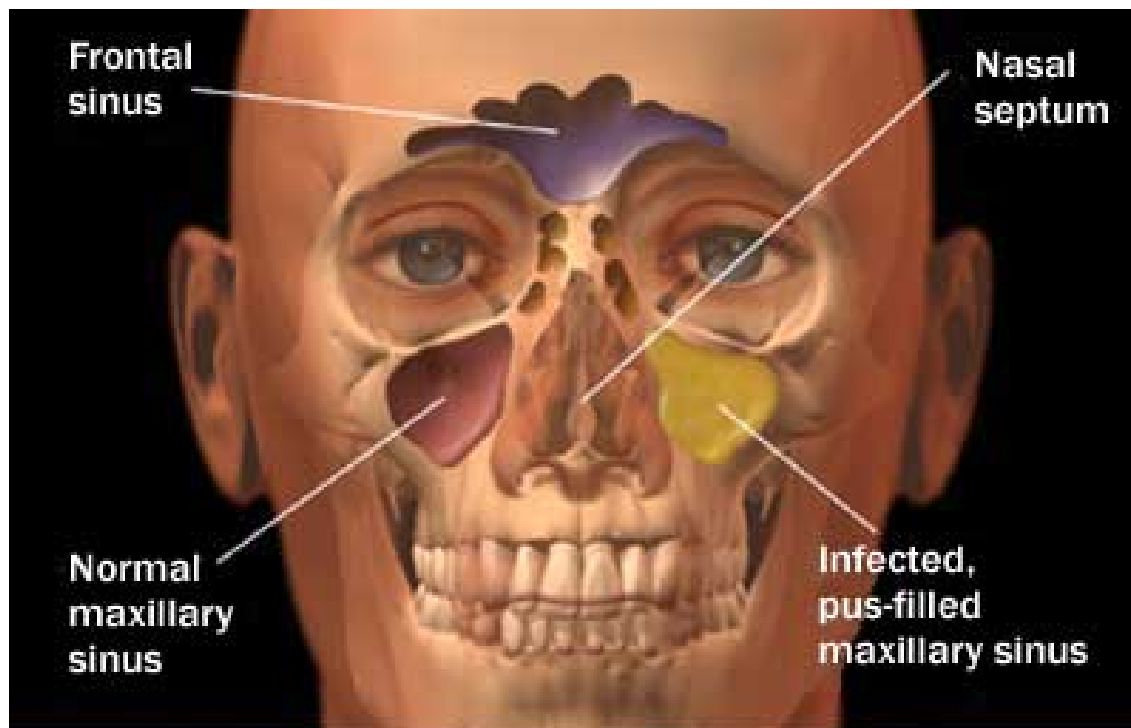


# Sinusitis

- Common symptoms:
  - Headache or pressure on the face
  - Cough
  - Stuffy nose
- Nose drainage (“snots”) or phlegm (“mucus”)- color does not predict which type of infection



# Sinusitis



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Most sinus infections do not require an antibiotic.

[https://www.bcbsri.com/BCBSRIWeb/images/image\\_popup/sinusitis\\_big.jpg](https://www.bcbsri.com/BCBSRIWeb/images/image_popup/sinusitis_big.jpg)



# Sinusitis

- Treatments
  - Hot compresses to face
  - Anti-inflammatories (e.g. advil)
  - Saline spray for nose
  - Drink plenty of fluids
- What to Expect
  - 1-2 weeks of illness

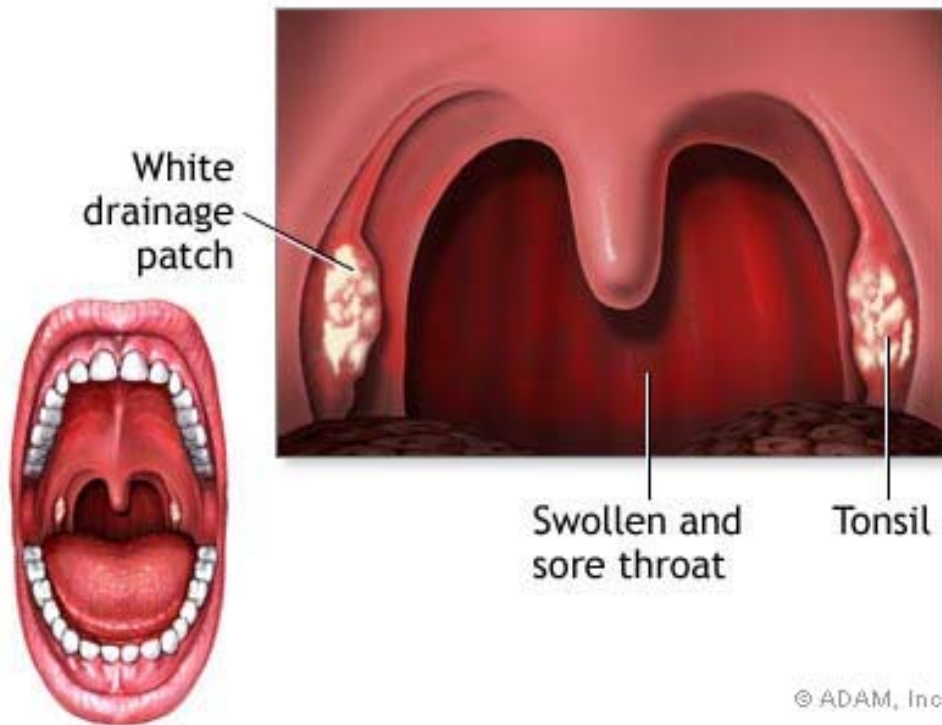


# Pharyngitis (Sore Throat)

- ~10% are due to strep throat (rest do not require antibiotics)
  - Fever, swollen lymph nodes, no cough, white spots on tonsils (exudates) and headaches
- If don't have most of these symptoms, try fluids and rest along with pain medications
- See doctor if you have most of these symptoms for testing



# Strep Throat



- Testing is done by Rapid Strep and throat culture
- If Strep=>Treat with antibiotics to prevent heart problems called rheumatic heart disease

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# Sore Throat

- Treatments
  - Salt water gargles
  - Anti-inflammatories (e.g. Advil)
- What to Expect
  - 5-7 days of illnesses

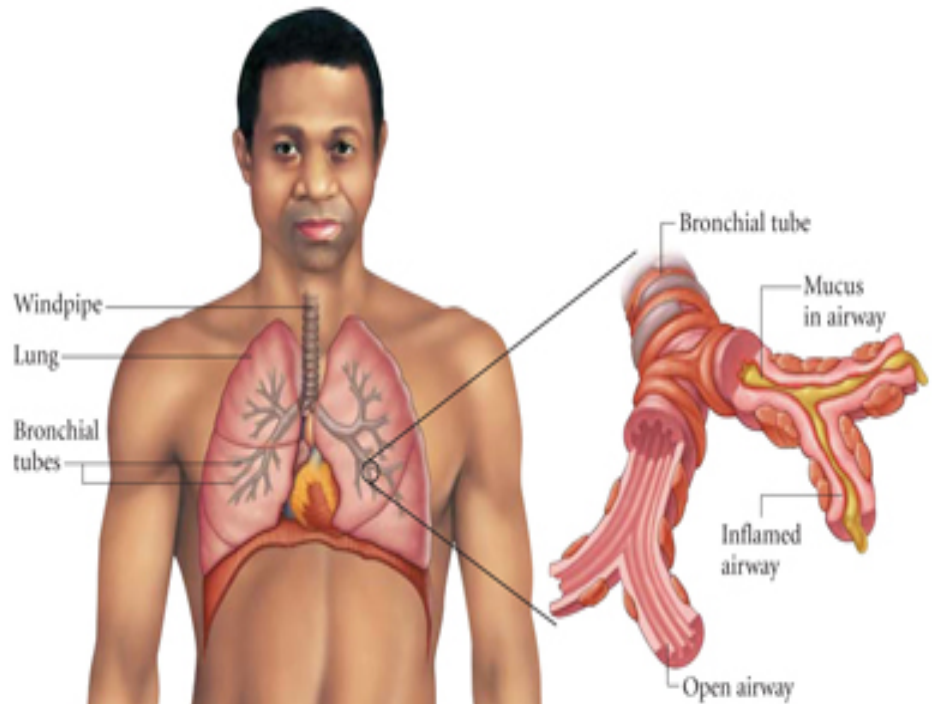


# Bronchitis

- ~90% are due to viral infections not bacteria
- Other common causes
  - Whooping cough (pertussis)
  - Atypical bacteria
- Symptoms
  - Severe cough
  - Runny or congested nose
  - Mild fever
  - Sore throat



# Bronchitis



- Antibiotics DOES NOT help coughing!
- Cough may be helped by inhalers (e.g. albuterol) or cough medicines

[http://www.levaquin.com/levaquin/images/others/bronchitis\\_3.3.jpg](http://www.levaquin.com/levaquin/images/others/bronchitis_3.3.jpg)



# Bronchitis

- Treatments
  - Antibiotics are only given if:
    - Doctor hears lung sounds suggestive of infection
    - If bronchitis continues for more than 2 weeks
  - Cough medicines
  - Vaporizers
- What to Expect
  - Prolonged coughing- 1-3 weeks on average



# Seasonal Flu (Influenza)

- Influenza is a virus
- Typically starts in the colder weather
- 5-20% of people get the flu infection every year
  - 36,000 deaths in U.S. on usual years
  - 200,000 people are hospitalized
- Vaccine available each fall with most recent strains coming from Asia



# Spread of influenza

- **Contact**  
Sick person touches an object that another person touches
- **Aerosolized**  
Sneezing or coughing will spread droplets into air that are breathed in

[http://www.hastings.gov.uk/swine\\_flu/sneeze.jpg](http://www.hastings.gov.uk/swine_flu/sneeze.jpg)



# Seasonal Flu (Influenza)

- Symptoms
  - FEVER
  - Cough
  - Muscle pains
  - Headaches
  - Stuffy nose
- What to Expect
  - 7-10 days of illness



# Treatments

- Fluids
- Rest
- Anti-inflammatories (e.g. Advil)
- For early treatment of severe flu
  - Tamiflu (oseltamivir)
  - Relenza (zanamivir)



# At Risk for Seasonal Flu

- Infants and children younger than 5 years old
- Over 65 years of age
- Pregnant women
- Patients with chronic disease (e.g. heart disease, lung disease, liver disease or diabetes)
- Immunosuppressed patients (e.g. cancer and HIV infection)



# “Swine Flu” (H1N1 Influenza)



<http://www.ktis.fm/blogs/lisa/wp-content/swine-flu.bmp>



# “Swine Flu” (H1N1 Influenza)

- Similarities to seasonal flu
- H1N1 flu symptoms
  - Fever, cough, muscle pains, headaches, stuffy nose
- Spread of infection
  - Air droplets and contact
- Length of infection
  - 7-10 days of illness



# Targeted Groups for H1N1 Vaccine

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Healthcare and emergency medical services personnel
- Persons between the ages of 6 months through 24 years
- People ages 25 through 64 years who are at higher risk because of chronic health disorders or compromised immune systems



# “Swine Flu” (H1N1 Influenza)

- Good news
  - H1N1 influenza has a low death rate
  - Most people have a mild flu illness
  - Older people seem protected against this (**different from seasonal flu**)
- Bad news
  - CDC predicts >1 million people already sick with it
  - Widespread infection in 37 states
  - More dangerous for young people and pregnant women



## Vaccines for Flu (Seasonal and H1N1)

- Seasonal influenza (flu)- Available starting in September/October
- H1N1 “Swine” influenza- Will be available in middle of October
- Both are made the same way but with different types of viruses
- You need to get both vaccines to be protected by both



# Vaccines Safety

- Can get both shots at the same time
- Do not get if:
  - If allergic to eggs
  - If have a history of Guillain-Barré Syndrome (GBS)
- The flu shot does not give you the flu infection!



# Prevention

- Wash hands
- Avoid those who are sick
- Get plenty of sleep
- Eat healthy
- Drink plenty of fluids
- Exercise
- Get the flu vaccines (and pneumonia shot)
- DON'T SMOKE!



# Reducing Spread

- Cover your nose and mouth with a tissue when you cough or sneeze. Or cough into your elbow.
- Wash your hands often with soap and water or use hand cleaners.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home.



# Helpful Medications to Buy



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## Call Doctor If:

- Severe cough
- Unable to breath
- Very tired
- Unable to drink or eat
- Worsening facial or throat pain
- Fever of 101° Fahrenheit (38.0° Celsius) or higher that lasts for more than a day
- Chest pain
- Swollen (lymph nodes) in the neck



# When in Doubt

- Get Checked out!
  - If you feel your infection or symptoms are worse than expected, get checked by a medical doctor or staff



# Questions???

- Thank you!

