

I pray God your whole spirit and soul and body be preserved blameless... I Thess 5:23

FROM THE PASTOR*
H1N1 Flu (Swine Flu) and You

What is swine flu? H1N1 Influenza is a respiratory disease of pigs caused by type A influenza viruses. People do not normally get swine flu, but CDC has determined that this H1N1 influenza A virus is contagious and is spreading from human to human.

What are the signs and symptoms of H1N1 flu in people? The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

How does H1N1 flu spread? Mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Can I get H1N1 influenza from eating or preparing pork? No.

How can someone with the flu infect someone else? Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.

Are there medicines to treat H1N1 flu? Yes, but antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth. Germs spread this way.**
- **Try to avoid close contact with sick people.**
- **If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.**

**In addition to serving St. Andrew, Pastor Robinson - a public health physician - also serves the people of Memphis as the Shelby County Health Officer*