
Outbreak Notice

Swine Influenza in the United States

This information is current as of today, April 25, 2009 at 12:31

Updated: April 25, 2009

Current Situation

As of 6pm April 24 2009, 8 human cases of swine influenza A (H1N1) virus infection have been identified in San Diego County and Imperial County, California as well as in San Antonio, Texas. This strain of influenza virus is unique because it is a combination of swine, bird, and human influenza viruses. Infected individuals report flu-like symptoms of fever, aches and pains, sore throats, coughing and trouble breathing. Some people have also reported diarrhea and vomiting. These cases may be linked to an [outbreak of influenza-like-illness in Mexico](#).

At this time there have been no severe illnesses or fatalities seen in the United States. However, CDC and state public and animal health authorities are still in the early stages of the investigations.

Further updates to the US investigation and any related travel recommendations will be posted on www.cdc.gov/travel when available.

CDC Recommendations

CDC has NOT recommended that people avoid travel at this time. If you are planning travel to these areas, the following recommendations will help you to reduce your risk of infection and stay healthy.

Monitor the International Situation

Check updates from the:

- [California Department of Public Health](#)
- [Texas Department of State Health Services](#)
- [Centers for Disease Control and Prevention](#)
- [Pan American Health Organization](#)
- [World Health Organization](#)

Prepare for your trip before you leave

- Visit [CDC's Travelers' Health Website](#) to learn about any disease risks and CDC health recommendations for areas you plan to visit.
- Be sure you are up-to-date with all your routine vaccinations, including seasonal influenza vaccine if available.
- Identify the health-care resources in the area(s) you will be visiting.

During your visit to an area affected by swine Influenza

Monitor the local situation

- Pay attention to announcements from the local government.
- Follow local public health guidelines, including any movement restrictions and prevention recommendations.

Practice healthy habits to help stop the spread of influenza

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
 - Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing, using soap and water or an alcohol-based hand gel.
- Follow all local health recommendations. For example, you may be asked to put on a surgical mask to protect others.

Seek medical care if you feel sick

- If you become sick with a fever plus a cough and sore throat or have trouble breathing, seek medical care right away. Tell the doctor if you have had contact with a sick person or farm animals while traveling.
- **Antiviral Medications:** You may want to ask your doctor for prescription antiviral medications to take on your trip as a precaution since the seasonal influenza vaccine is not expected to protect against infection with swine flu viruses. CDC recommends two prescription influenza antiviral drugs to treat and/or prevent swine flu. The drugs are oseltamivir (brand name Tamiflu®) or zanamivir (brand name Relenza®). Both are prescription drugs that fight against swine flu by keeping flu viruses from reproducing in your body. These drugs can prevent infection if taken as a preventative. If you get sick, they can make your illness milder and make you feel better faster. They may also prevent serious health problems from developing. For treatment, the drugs work best if started within 2 days of getting sick. Talk to your doctor about correct indications for treatment or prevention. Always seek medical care if you are severely ill.
- You should avoid further travel until you are free of symptoms, unless traveling locally for medical care.

After you return from your trip

- Pay close attention to your health for 7 days.
- If you become sick with a fever plus a cough, sore throat or have trouble breathing during this 10-day period, see a doctor. ***When you make the appointment, tell the doctor—***
 1. your symptoms,
 2. where you traveled, and
 3. if you have had close contact with a sick person or farm animals. This way, he or she can be aware that you have traveled to an area reporting swine Influenza.
- Do not travel when you are sick, unless it is to get medical care. By limiting contact with others as much as possible, you can help prevent the spread of an infectious illness.

Additional Information

If you have specific questions about the swine influenza cases see <http://www.cdc.gov/contact/> or call 1-800-232-4636, which is 1-800-CDC-INFO.