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From: TPA Communications [communications@tnpharm.org]
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To: broadcast@tnpharm.org
Subject: Swine Flu Information for Pharmacists and Patients

To: 2009 TPA Members

For the most current and accurate swine flu information, consumer and provider fact sheets, and steps to protect against infection, visit the Centers for Disease Control and Prevention (CDC) website at www.cdc.gov/swineflu. Links to this information and more can also be found in the green box on the left-hand side of the TPA home page, www.tnpharm.org. **Links to printable materials and facts for consumers are listed below.**

As of yesterday, when the Tennessee Department of Health identified the first probable case of the novel H1N1 swine flu virus in the state, the CDC had confirmed 91 human cases of this strain of flu infection in the United States. Today, CDC reports additional confirmed human infections, hospitalizations and the nation's first fatality from this outbreak. The more recent illnesses and the reported death suggest that a pattern of more severe illness associated with this virus may be emerging in the U.S. Most people will not have immunity to this new virus and, as it continues to spread, more cases, more hospitalizations and more deaths are expected in the coming days and weeks.

Yesterday, CDC issued new [interim guidance](#) for clinicians on how to care for children and pregnant women who may be infected with this virus. Young children and pregnant women are two groups of people who are at high risk of serious complications from seasonal influenza. In addition, CDC's Division of the Strategic National Stockpile (SNS) continues to send antiviral drugs, personal protective equipment, and respiratory protection devices to all 50 states and U.S. territories to help them respond to the outbreak. The swine influenza A (H1N1) virus is susceptible to the prescription antiviral drugs oseltamivir and zanamivir.

Symptoms of the illness are: fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea. The Tennessee Department of Health advises that people who become ill and experience any of the following warning signs should seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

The following information for consumers is from the CDC Website, http://www.cdc.gov/flu/protect/habits.htm?_cid=swineFlu_outbreak_internal_003:

Preventing the Flu: Good Health Habits Can Help Stop Germs

Fact Sheet

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. **Clean your hands.** Washing your hands often will help protect you from germs.
5. **Avoid touching your eyes, nose or mouth.** Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Printable Materials for Promoting Good Health Habits

- Cover Your Cough - <http://www.cdc.gov/flu/protect/covercough.htm>
- Be a Germ Stopper: Healthy Habits Keep You Well - <http://www.cdc.gov/germstopper/>
- Flu Prevention Toolkit: Real People. Real Solutions - <http://www.cdc.gov/flu/toolkit/>
- Stopping the Spread of Germs at Home, Work & School - <http://www.cdc.gov/flu/protect/stopgerms.htm>

To help you stay informed of important developments, the Tennessee Pharmacists Association is pleased to provide you with legislative, healthcare-related, regulatory and other notices as a benefit of membership.

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