



FELIX P. CAMACHO
Governor

MICHAEL W. CRUZ, M.D.
Lieutenant Governor

GOVERNMENT OF GUAM

DEPARTMENT OF PUBLIC HEALTH and SOCIAL SERVICES *DIPATTAMENTON SALUT PUPBLEKO YAN SETBISION SUSIAT*

Bldg. #123 Chalan Kareta
Mangilao, Guam 96913-6304



J.PETER ROBERTO, ACSW
Director

PRESS RELEASE NO. 2009-018

HEALTH ADVISORY – “SWINE INFLUENZA”

The Guam Department of Public Health and Social Services (DPHSS) in coordination with the Government of Guam response agencies as well as our military and provide sector partners have been closely monitoring the recent outbreaks of the swine influenza A (H1N1) virus. Multiple countries such as the United States, Mexico, and Canada have reported outbreaks of a new influenza (“the flu”) virus, called Swine Influenza. The infection may soon spread to other countries. Despite the name (“Swine Influenza”), this is a disease that is spread from person to person, like the regular flu.

WHAT ARE THE SYMPTOMS? The infection causes a flu-like severe respiratory disease, with fever and cough, and may lead to difficulty breathing and even death. Other symptoms may include sneezing, body aches, abdominal pain, nausea, vomiting, and tiredness.

HOW IS THE DISEASE SPREAD? The infection is spread from person to person through touching, coughing, sneezing or talking while you are sick.

HOW CAN THE DISEASE BE TREATED? There are medicines that can help fight this infection, but they only work if given quickly and are only available from a doctor, so you must seek care **RIGHT AWAY**.

IS THERE A VACCINE FOR THIS DISEASE? Not yet. Authorities are working to develop a vaccine as quickly as possible.

WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS:

- Wash your hands frequently with soap and water
- Cover your nose and mouth when you cough or sneeze
- Wear a mask if you are sick
- Avoid close contact with sick people (standing closer than 6 feet, touching, kissing, hugging)

IS IT SAFE TO EAT PORK?

- Yes. This disease is spread from person to person. It is not spread by pork meat. Pork that is handled properly and cooked thoroughly is safe to eat.

WHAT WE ARE ASKING FROM YOU:

- If you get sick with flu-like symptoms, seek medical care immediately
- If you have recently travelled to an affected area and you develop symptoms within 7 days since you left the affected area, please seek medical care immediately and let staff know about your travel history.

Telephone No.: 671.735.7102 * Fax No.: 671.734.5910

Local public health officials will continue to monitor the situation and provide daily updates to both our local stakeholders and the general public.

More information about swine flu is available from the Centers for Disease Control and Prevention at http://www.cdc.gov/swineflu/general_info.htm or you may contact the Department of Public Health & Social Services at 735-0670 between the hours of 8am to 5pm, Monday thru Friday.