



OCCUPATIONAL  
M E D I C I N E  
P H Y S I C I A N S

## FULL SERVICE OCCUPATIONAL HEALTH CLINICS EXPERIENCE THE DIFFERENCE

### OUR EXPERIENCE

Dennis McClain, M.D.  
ABEM, ABIME, MROCC  
Medical Director  
Certified Independent  
Medical Examiner

Adeel Haq, M.D.  
Board Certified Emergency  
Medicine

Janet L. Streepey, M.D.  
MPH, ABPM, MROCC

Barbara Elliott  
MSN, ARNP

Lori Shea Green  
MSN, ARNP

Joyce McClain  
MSN, ARNP

Klarisa Stoudemire  
MSN, ARNP

Marylin Logsdon  
RN, BSN, MA

Amy McCulloch  
RN, BSN, COHN-S

Tammie Ricke  
RN, BSN

Tony Jackson  
Drug Screen Coordinator

### OUR LOCATIONS

#### CLARKSVILLE

2201 Greentree North  
812-283-2013

#### NEW ALBANY

3605 Northgate Ct. Ste. 110  
812-949-5749

#### SCOTTSBURG

705 W. Fairground Rd.  
812-754-1900

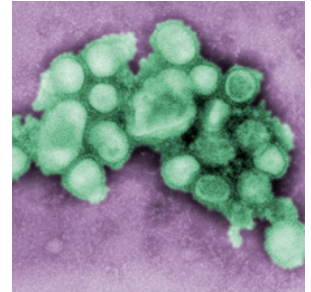


OCCMEDPHYSICIANS.COM

## SWINE INFLUENZA / SWINE FLU

### WHAT IS THE SWINE FLU?

A Swine influenza (swine flu) is a respiratory disease of pigs caused by Type A influenza virus. Until recently, the disease very rarely spread to humans. In late March and early April 2009, cases of human infection with the swine flu were reported in Mexico and have since spread to other areas of the US.



### IS THE SWINE FLU CONTAGIOUS?

The CDC has determined that the swine flu is spread from person to person, but it is unknown how easily.

### WHAT ARE THE SYMPTOMS OF SWINE FLU IN HUMANS?

The symptoms of swine flu are similar to that of the regular flu. These include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. Like seasonal flu, swine flu may cause chronic medical conditions to worsen.

### HOW IS THE SWINE FLU SPREAD?

This flu is thought to spread mainly by coughing/sneezing of people with the virus. Some people may be infected by touching something with flu virus and then touching their nose/mouth. Infected individuals may be able to infect others one day before symptoms develop up to seven or more days after becoming sick.

### WHAT CAN YOU DO TO KEEP FROM GETTING THE SWINE FLU?



The most important thing that you can do to prevent the spread of the flu is to wash your hands. Also, try to stay in good general health. Get plenty of sleep, eat nutritious foods/drink plenty of fluids, and manage stress/stay physically active. Avoid close contact with those who are sick, cover your nose/mouth, clean your hands, avoid touching your nose/mouth, and practice other good health habits. It may be beneficial to stay home from work if you are feeling ill.

## FULL SERVICE OCCUPATIONAL HEALTH CLINICS EXPERIENCE THE DIFFERENCE

### WHAT IS THE BEST HAND-WASHING TECHNIQUE?

Wash with soap and water for 15-20 seconds, or use alcohol based hand gel. Rub your hands until the gel is dry.



### HOW DOES A PROVIDER TEST FOR SWINE FLU?

A health care professional takes a nasal swab, which is then used to test for the flu.

### ARE THERE MEDICATIONS TO TREAT THE SWINE FLU?

Yes. The CDC recommends Tamiflu or Relenza for the treatment and/or prevention of infection with the swine flu viruses. Antiviral drugs are most effective if started within 2 days of the initial flu-like symptoms.



### IS THERE A VACCINE AVAILABLE TO PREVENT THE SWINE FLU?

No. There is no vaccine available at this time.

### WHAT SHOULD I DO IF I GET SICK?

If you live in an area where swine flu has been identified and you begin to develop flu-like symptoms, please contact your primary provider as soon as possible.

### IS IT SAFE TO TRAVEL TO MEXICO?

Government officials have issued a travel advisory suggesting “non-essential travel to Mexico be avoided”.

*If you have any questions regarding any variety of influenza or annual health fair and vaccines, or would like an inservice at your company regarding this subject, please contact Amy McCulloch, RN, Client Service Coordinator at 812-283-2013.*