


Sunday, June 14, 2009

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In an effort to meet the growing needs of the community, we have developed **METROFIT™** a health and wellness division to compliment your active lifestyle. We offer [nutritional services & natural supplements](#), an [online store](#)- featuring rehab items used during your sessions, along with a wide array of fitness and yoga classes to suit your schedule.

Please feel free to visit our site@
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MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: July 6th

Time: 7:00-8:00 pm

Place: METRO SPORTSMED Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :
jsheinberg@metrosportsmed.com

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METRO SPORTSMED®
Physical & Occupational Therapy

METRO SPORTSMED® Physical and Occupational Therapy is pleased to present information on the recent pandemic, the Swine Flu. Although there is currently no vaccine to prevent it, there are some things we can do to help prevent the spread of germs. Please take a moment to read about these everyday steps to protect your health.

Thank you for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
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What is the Swine Flu?

The World Health Organization (WHO) has declared a pandemic. Increasing numbers of cases are being discovered nationally and globally. As of May 28, 2009 the WHO reported that more than 11,000 people in 42 countries have been infected and over 86 deaths reported so far. The numbers are expected to rise, according to the WHO. Today, more and more schools are closing every week due to the infection's spread! US health officials have now invested \$1 billion to get started on creating a vaccine.

WHAT IS SWINE FLU?

Swine flu, also known as H1N1 virus, is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. Humans don't typically get infected with swine flu, but recently it has spread between humans all too quickly.

SIGNS AND SYMPTOMS:

Symptoms of swine flu are similar to the symptoms of seasonal flu in people. Symptoms include:

- Fever (greater than 100°F or 37.8°C)
- Sore throat
- Cough
- Stuffy nose
- Chills
- Headache and body aches
- Fatigue
- Diarrhea and vomiting associated with swine flu – reported in some
- Recently severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection

Swine flu

Swine flu is a respiratory disease which infects pigs but also people, typically those who have been in contact with pigs.

Symptoms in humans

People-to-people transmission is through coughing, sneezing

The virus

Influenza A subtypes: H1N1, H1N2, H3N1, H3N2, H2N3

New "reassortant" virus

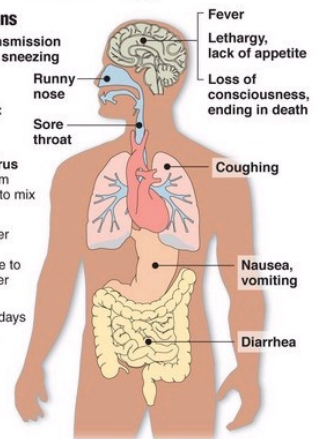
Forms when genes from different viruses begin to mix

When flu spreads

person-to-person, rather than from animals to humans, it can continue to mutate, making it harder to treat or fight off

Incubation time 5-10 days

There are no vaccines that contain current swine flu virus causing illness in humans



Source: World Health Organization Graphic: Jutta Scheibe, Junie Bro-Jorgensen © 2009 MCT

How It Spreads And What We Can Do To Prevent It

Swine flu spreads the same way as the seasonal flu. The virus can be spread through coughing or sneezing. Even touching something with the virus and then touching your nose or mouth can spread the flu. The infection can be spread by an infected person beginning **1 day before symptoms develop and up to 7 or more days after** becoming sick. This means you can pass the flu to others before even knowing you are sick.

Although the attention from the media has slowed down, the virus continues to rise. Swine flu is threatening to be an epidemic.

So what can we do to prevent from getting sick? The single most effective way is **washing your hands**.

Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touching surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.



General Tips To Keep You From Getting Infected

- Wash your hands
 - Frequent hand washing will protect you from germs
 - Make sure you wash your hands before and after food preparation and after toilet use.
 - When you unable to wash your hands, using hand sanitizers works well
- Cover your mouth and nose
 - Use a tissue when coughing or sneezing to cover your mouth
 - Dispose of the dirty tissue – throw it away after each use
 - Then wash your hands (or use a hand sanitizer) after each time you cough or sneeze
- Avoid touching your eyes, nose or mouth
 - Germs often spread when a person touches something that is contaminated and then touches his or her eyes, nose or mouth
- Avoid close contact with infected individuals
- Avoid eating half-cooked pork. Make sure it pork is cooked thoroughly
- Stay home when you are sick
 - Do not go to school or work.
 - Get plenty of rest – don't overexert! Stop any exercise program.
 - When at home, cover your cough and sneeze to if you don't have a mask – it will prevent your loved ones around you from getting infected.




If you develop flu-like symptoms, get immediate medical attention (high fever, body pain, coughing and red nose). Make sure you consult with your physician before returning to work or school, and before returning to your regular exercise regimen.

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