

Bend Memorial Clinic has taken a proactive stance in helping to keep Central Oregonians, employees and patients of BMC as informed as possible about the recent global outbreak of swine flu A (H1N1)

“First and foremost, **there is no cause for undue alarm**. However, there is cause for heightened awareness and this is the perfect opportunity for everyone to become more educated about this potential threat,” assures Dr. M. Sean Rogers, Medical Director of BMC and an Internal Medicine Physician.

Symptoms to Look For

Flu-like symptoms such as fever, cough, aches, lethargy, lack of appetite, sore throat, nausea, vomiting and diarrhea

If you have any of the above symptoms see your doctor but otherwise stay home from work, school and public places.

Patients are encouraged to seek medical attention at their primary care physician, urgent care centers or emergency room. BMC has an internal response team and will make ongoing recommendations for patient care, scheduling and disease surveillance. This team includes a wide spectrum of clinicians, administrative team members, infectious disease experts and physicians.

Patients who come to Bend Memorial Clinic exhibiting flu-like symptoms may be asked to follow an extra measure of safety, including the use of masks as recommended by the CDC. There is also an ample amount of hand sanitizer and tissues throughout the clinic for patient use.

Some Important Points

- Seasonal Influenza A and B viruses (“regular” flu) continue to circulate at low levels in North America
- Swine flu is now known to be transmissible from human-to-human
- Swine flu symptoms are similar to regular flu symptoms (fever, cough, aches, lethargy, lack of appetite, sore throat, nausea, vomiting and diarrhea)
- Swine flu cross reacts with Influenza A rapid tests – it can only be confirmed as swine flu by state labs
- A “suspected” case of swine flu is defined as a person with acute respiratory illness who has had close contact with a person who has confirmed swine flu or who recently traveled to areas with confirmed cases
- The infectious period for a confirmed case is 7 days

Preventative Actions

1. Protect yourself and others by washing your hands often
2. Cover your mouth with something other than your hand when you cough or sneeze (i.e. into your elbow or tissue)
3. If you are sick, see your doctor but otherwise stay out of public places

For more questions, please access the CDC’s web site or contact your personal care physician.