



AAA NEWS BRIEF – JUNE 2009

HIV/AIDS PREVENTION: IMPACT OF SWINE FLU & THE AAA JUST KNOW CAMPAIGN

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Learn About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501(c) 3 of the IRS code. It is also registered in Cameroon (auth. No 00174/A/MINAT/DAP/SDLP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

AAA Mission Statement

We believe that no one is alone. We succeed when the youth we serve become agents of their own change and use their knowledge to change their communities.

We reach the youth of sub-saharan Africa whose lives are affected by AIDS.

We affirm that tomorrow's responsible parents are the knowledgeable youth of today.

We educate youth with the knowledge they need to stay alive, and teach them to share that knowledge with their peers

We build extended family support networks in local villages and communities to deliver security, food, education and healthcare to children orphaned by AIDS.

We create healthcare awareness by funding women and children's health.

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AAA has been obliged to suspend its series of articles on lessons from African CSOs because of the latest health emergencies, including the **Swine flu (SF)**. The guiding precept of AAA is knowledge. Knowledge engenders confidence. With confidence and knowledge, anyone can act and save lives! That is why we use this June issue to publicize what is necessary to know on swine flu – **Based on US Centers for disease control and Prevention; Q&A of April 24, 2009.**

What is Swine flu? SF is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of SF happen regularly in pigs. People do not normally get SF, but human infections can and do happen. Most commonly, human cases of SF happen in people who are around pigs but it's possible for SF viruses to spread from person to person also.

What are signs and symptoms of SF in people? The symptoms of SF in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with severe flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with SF infection in people. Like seasonal flu, **SF may cause a worsening of underlying chronic medical conditions!**

How do you catch SF? Spread of SF can occur in two ways: a) Through contact with infected pigs or environments contaminated with SF viruses; b) Through contact with a person with SF. Human-to-human spread of SF has been documented also and is thought to occur in the same way as seasonal flu. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people

What can I do to protect myself from getting sick? There is no vaccine available right now to protect against SF. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. **Take these everyday steps to protect your health:** a) Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it; b) **Wash your hands often with soap and water, especially after you cough or sneeze.** Alcohol-based hand cleaners are also effective; c) Try to avoid close contact with sick people; d) If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

Can I get swine influenza from eating or preparing pork? No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

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Pictures of
AAA Portable
Hand-Washing
Stations in use

Happy & peaceful
celebration of the
Day of the African
Child!

