

SWINE INFLUENZA HEALTH ADVISORY

IMPORTANT SWINE FLU ALERT:

Severe illness, such as pneumonia and respiratory failure, and deaths have been reported with swine flu infection in humans.

Swine flu, like seasonal flu, can cause a worsening of underlying chronic conditions.

For more information, call the Center for Disease Control at 800-CDC-INFO (800-232-4636) or visit www.cdc.gov/swineflu

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What is Swine Flu?

Swine Influenza is a respiratory disease caused by type A influenza viruses in pigs. People do not normally get swine flu, but human infections can and have happened.

Is Swine Flu Contagious:

The Center for Disease Control (CDC) has determined that the H1N1 swine flu virus **is contagious and is spreading from human to human**. It is not known how easily the virus can spread. You cannot get swine flu from eating pork or pork products.

What are the signs and symptoms of swine flu in humans?

The symptoms are similar to the regular flu and include -

- Fever, sore throat, headache
- Fatigue, vomiting, cough
- Body aches, chills, diarrhea

How does swine flu spread?

Like seasonal flu, swine flu (H1N1) viruses are spread person to person by an infected person's **coughing and/or sneezing**. People may become sick by touching something with flu viruses on it and then touching their mouth or nose.

What can you do to keep from getting swine flu?

- Wash hands frequently with soap and water or alcohol-based cleaners
- Maintain general good health
- Get plenty of rest
- Avoid touching eyes, nose or mouth
- Avoid contact with sick people

What do you do if you get sick?

- Do not go to work or school
- Do not travel when ill
- Avoid contact with other people as much as possible
- Cover your mouth and nose when coughing or sneezing
- Wash hands with soap and water or alcohol-based cleaner frequently
- Contact your health care provider

If you experience any of the following warning signs, seek emergency medical care:

- Flu-like symptoms improve and return worse
- Fast or difficult breathing/shortness of breath
- Confusion, sudden dizziness
- Severe or persistent vomiting
- Bluish skin color
- Fever with a rash
- Not waking up or not interacting
- Pain or pressure in the chest or abdomen

Source: <http://www.cdc.gov/swineflu/guidance/>