



SWINE INFLUENZA QUESTIONS AND ANSWERS

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease caused by type A influenza virus that causes people and animals to become ill.

Is this swine flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.

What are the symptoms of swine flu?

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include:

- **Fever over 100 degrees Fahrenheit**
- **Coughing**
- **Sore throat**
- **Vomiting**
- **Diarrhea**

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

- **Make sure you cough or sneeze into your sleeve or tissue.**
- **Do not use a handkerchief or re-use tissues; throw used tissues away immediately.**
- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners may also be helpful, but using warm water and soap is best.**
- **Avoid touching your eyes, nose or mouth. Germs spread this way.**
- **Avoid close contact with sick people.**
- **If you get sick stay home from work or school and limit contact with others to keep from infecting them.**

If I have been exposed to someone who has been infected with the Swine Flu should I be tested?

If you have a fever of 100 degrees Fahrenheit or greater, cough or sore throat, and have been in direct contact with someone with confirmed swine flu, you should call your healthcare provider right away.

Should I keep my children home from school or daycare?

If your child is ill please keep your child home from school or daycare. Symptoms to look for include a fever of 100 degrees Fahrenheit or greater, and a cough or sore throat. If your child has these symptoms, keep the child home.

Should I go to work if I have a fever?

No. If you have a fever of 100 degrees Fahrenheit or greater, a cough or sore throat, do not go to work.

Do I need to wear a mask?

At this time it is recommended that people with symptoms of swine flu wear a mask to keep from infecting others. These types of masks can be purchased at your local drug store or hardware store.

If I have a fever, cough or sore throat, what should I do?

At this time it is recommended that most people who have flu-like symptoms care for themselves at home, and to treat this virus as they would the regular flu. Rest, drink plenty of fluids and take over the counter flu medicines to relieve symptoms. You should see your health care provider immediately if you have any severe symptoms such as trouble breathing.

Does the seasonal flu vaccine provide protection against swine flu?

No, this is a new strain of swine flu that has never been seen before. There is no evidence that the regular seasonal flu vaccine provides protection against swine flu.

Is there a website with more information about Swine flu?

Yes, you can find more information at:

- www.cdc.gov/swineflu
- www.cdph.ca.gov

Can you get swine flu from eating pork?

No