

Swine Influenza Fact Sheet

What are the symptoms of swine flu in humans?

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

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| Fever | Lethargy |
| Lack of appetite | Coughing |
| Runny nose | Sore throat |
| Nausea | Vomiting |
| Diarrhea | |

How does swine flu spread?

1. Influenza viruses can be directly transmitted from pigs to people and from people to pigs.
2. Human infection with flu viruses from pigs are most likely to occur when people are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs.
3. Human-to-human transmission of swine flu can also occur by coughing or sneezing of people infected with the influenza virus.
4. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

What should I do to keep from getting the flu?

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- 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.
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food

Try not touch surfaces that may be contaminated with the flu virus. (We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent hand washing will help you reduce the chance of getting contamination from these common surfaces.)

Can people catch swine flu from eating pork?

NO!

1. Swine influenza viruses are not transmitted by food.
2. You can not get swine influenza from eating pork or pork products. Eating properly handled and cooked pork or pork products are safe.
3. Cooking pork to an internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses.

What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



