

What is

Swine Flu?

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Swine flu is a respiratory disease in pigs caused by type A influenza viruses.

What are the symptoms?

The symptoms of swine influenza a (H1N1) are similar to regular flu and include fever, cough, runny nose, sore throat, body aches, headache, chills and fatigue, loss of appetite, and nausea, vomiting and diarrhea.

Is the H1N1 virus contagious?

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

Are there confirmed cases of swine flu in the U.S.?

Yes. Updates can be found at <http://www.cdc.gov/swineflu/investigation.htm>

How does swine flu spread?

Flu viruses mainly spread from contact with infected people who are coughing or sneezing. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Can I get swine flu from eating or preparing pork?

No. You cannot get swine flu from eating pork or pork products.

How can I protect my family?

- Wash your hands often with soap and water or use alcohol-based sanitizers.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after use.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick individuals.
- If you do get respiratory symptoms, the CDC recommends that you stay home from work or school and limit contact with others to keep from spreading the infection.

Are there medicines to treat swine flu?

Yes. The CDC recommends the antiviral drugs oseltamivir (Tamiflu®) or zanamivir (Relenza®). These drugs can make your illness milder, make you feel better faster and might also prevent serious complications. These drugs work best if they are started within two days of getting flu symptoms.



For more information visit

<http://www.cdc.gov/swineflu/investigation.htm>