

GENERAL INFORMATION ABOUT SWINE (H1N1) INFLUENZA

1. What are the symptoms of swine flu?

Symptoms of swine flu mimic the symptoms of seasonal flu and can be:

Fever

Sore throat

Cough

Stuffy Nose

Chills

Headache and body aches

Fatigue

**Some people have reported diarrhea and vomiting with swine flu.

2. How can I keep from getting sick, stop the spread, protect myself?

- Avoid contact with ill persons
- When you sneeze or cough, cover your nose and mouth with a tissue or your sleeve if you do not have a tissue. Throw used tissues in the trash can.
- After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.
- If you think you may be ill with the flu, avoid close contact with others as much as possible. Seek medical care if you are severely ill.
- Do not go to work, school, or travel while ill.

3. Is there medicine available for swine flu?

There are antiviral medications for prevention and treatment of swine flu that a doctor can prescribe.

4. Can I get swine flu from eating pork or other foods?

Swine influenza viruses are not transmitted by food. You cannot get swine flu from eating pork products.

Per the CDC, ill people who experience any of the following warning signs should 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
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- **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
- CDC has created a webpage with information and updates. Visit www.cdc.gov/flu/swine or call 1-800-CDC-INFO