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## Swine Flu and You

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### **What is Swine Flu?**

Swine Influenza (Swine Flu) is a respiratory disease of pigs caused by type A influenza viruses.

### **Are there human infections with Swine Flu in the U.S.?**

Yes. In April 2009, cases of human infection with Swine Flu were first reported in California and Texas.

Centers for Disease Control (CDC), and state health agencies are working together to make information and recommendations available to the public and to health-care professionals.

### **Is this Swine Flu virus contagious?**

Yes. CDC has determined that this Swine Flu is contagious and is spreading from human to human.

### **What are the signs and symptoms of Swine Flu in people?**

The symptoms of Swine Flu in people are similar to the symptoms of seasonal flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Nausea, diarrhea and vomiting have also been reported.

### **How does Swine Flu spread?**

Swine Flu is spread the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

### **How can someone with the flu infect someone else?**

Infected people may be able to infect others beginning 1 days before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you're sick.

### **Are there medicines to treat Swine Flu?**

Yes. Antiviral drugs are prescription medicines are available that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

## **How long can an infected person spread swine flu to others?**

People with Swine Flu virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, might be contagious for longer periods.

## **What surfaces are most likely to be sources of contamination?**

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. We know that some viruses can live 2 hours or longer on surfaces like desks, cafeteria tables, doorknobs, and toys.

## **What can I do to protect myself from getting sick?**

- ***Wash your hands often*** with soap and water.
- Use Alcohol-based hand cleaners when soap and water are not available.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw used tissues in the trash after you use it.
- Avoid touching your eyes, nose or mouth.
- 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.

## **What should I do if I get sick?**

If you 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.

## **Can I get swine influenza from eating or preparing pork?**

No. Swine influenza viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

**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.**



**Prairie Clinic S.C.**

**608-643-3351**

112 Helen Street  
Sauk City, WI 53583