

SWINE FLU & YOU

Recommendations from the Kenosha County Division of Health

WHAT IS SWINE FLU?

- Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen.

HOW IS SWINE FLU SPREAD?

- Swine influenza A (H1N1) virus spreads the same way as seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing. People may become infected by touching their mouth or nose with infected hands.

WHAT ARE THE SIGNS AND SYMPTOMS OF SWINE FLU?

- Similar to the symptoms of seasonal flu and include:
 - fever greater than 100 degrees
 - body aches
 - coughing
 - sore throat
 - respiratory congestion
 - and in some cases diarrhea and vomiting

WHAT CAN I DO TO PREVENT FROM GETTING SICK?

- Cover your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze into your sleeve. If you use a tissue, throw it 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.
- Try to 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.
- Avoid touching your eyes, nose or mouth to reduce the spread of germs.

WHAT SHOULD I DO IF I BECOME SICK?

Please contact your health care provider if:

- If you are experiencing influenza-like symptoms and recently visited Mexico or any of the affected states

OR

- Have been in contact with persons from these areas who have influenza

FOR MORE INFORMATION

- Visit the Centers for Disease Control and Prevention (CDC) swine flu website at <http://www.cdc.gov/swineflu>.
- Contact the Kenosha County Division of Health at (262) 605-6700.

