



Swine Flu: What is It and Am I at Risk?

Many of you have heard that Swine Flu has made people in the United States sick and that Homeland Security has declared a public health emergency. **Don't panic**, here are some facts.

Swine Flu is a respiratory disease usually found in pigs caused by a flu virus. People do not usually get swine flu but it does happen. Swine flu is being passed from person to person just like the seasonal flu is passed by cough, sneezing, and touching something with flu virus and then touching your mouth or nose.

CDC does not believe that people get swine flu from eating pork. Pork in the United States is safe to eat. Pork should always be cooked to a temperature of 160 degrees.

Signs and Symptoms of swine flu include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Some people have reported diarrhea and vomiting

Those with swine flu can infect others 1 day before they have symptoms and up to 7 days after symptoms start.

Protect yourself!

- Wash Your Hands
- Try to stay in good health
- Get plenty of sleep
- Exercise
- Manage your stress
- Drink plenty of fluids – especially water
- Eat nutritious food
- WASH YOUR HANDS
- Cover your mouth when you sneeze or cough.
- Throw tissues away in the trash after you use it.
- **Wash your hands** with soap and water especially after you sneeze. Alcohol based hand cleaners can be used if there is no soap or water near by.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others.

As of April 29, 2009 at 11:00 AM there were 91 cases in the United States. None of these have been in North Carolina. Swine flu has been found in these states: Arizona, California, Indiana, Kansas, Massachusetts, Michigan, Nevada, New York, Ohio, and Texas.

There are prescription medicines that can treat swine flu. These are only offered if you are diagnosed with swine flu. There is no vaccine to prevent swine flu available. If you had a flu vaccine this season it probably will not help prevent this type of swine flu

As of April 27, 2009, CDC recommends that U.S. travelers avoid all nonessential travel to Mexico.

Information adapted from: www.cdc.gov/

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