



# Swine Flu Facts

With the recent information about the Swine Flu, it is important to take precautions to help decrease the spread of the flu should cases be reported in our county. We would like to provide you with some "Swine Flu Facts" to help you recognize symptoms early and help you prevent exposure to the virus.

## Swine Flu Facts

Swine Influenza or Swine Flu is a respiratory disease of pigs caused by Type A influenza virus. Typically, humans are not infected with swine flu. Swine flu is not transmitted by food. You cannot get swine influenza by eating pork products, however, it is always recommended to thoroughly cook pork to avoid foodborne illness.

People with the swine flu typically suffer from one or more symptoms:

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

Persons with swine influenza A (JHINI) virus infections should be considered potentially contagious from one day before to 7 days following illness onset. Persons who continue to be ill longer than 7 days after illness onset should be considered potentially contagious until symptoms have resolved. Children, especially younger children, might be contagious for longer periods.

Antibiotics do not work on the swine flu. There are antiviral drugs that can reduce the severity and shorten the length of a bout with influenza if started within 48 hours of onset of symptoms.

## Steps To Reduce Your Chances Of Getting The Swine Flu

- **Wash your hands** – wash often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- **Cover your mouth** - Cover your mouth when you cough or sneeze. Use a tissue or cough into the crook of your elbow. Throw the tissue in the trash after you use it.
- **Don't touch your face** - Avoid touching your eyes, nose or mouth. The virus can enter your body thru these areas.
- **Stay home** – If you get sick, you should stay home from work or school and avoid contact with others to keep from infecting them.
- **Avoid sick people** – It's a good idea to avoid close contact with other people who are sick.

If you have further questions about the swine flu, please contact your physician or log onto the Illinois Department of Public Health website at [www.idph.state.il.us/flu/swine\\_flu\\_mex.htm](http://www.idph.state.il.us/flu/swine_flu_mex.htm).