

## What is swine flu (Influenza A H1N1)?

Swine Influenza (flu) is a respiratory disease. It is caused by Type A influenza virus. In 2009, it has caused flu-like illness in Florida, the United States and in many countries around the world.

## What are the signs and symptoms of swine flu?

The symptoms of swine flu in people are similar to those of regular, seasonal flu. These include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting. Like seasonal flu, swine flu may cause chronic medical conditions like respiratory disease, diabetes or heart disease to get worse.

## How does swine flu spread?

Spread of the swine influenza virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with flu. Sometimes people can become infected by touching something with flu virus on it and then touching their mouth or nose.

## Can I get swine flu from eating or preparing pork?

**NO.** Swine flu virus is not spread by food. You cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

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

There is no vaccine available right now to protect against swine flu.

## Take these steps to help prevent the spread of flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you do not have a tissue, cough into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective if soap and water are not available.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick, stay home from work or school.

## What is the best way to keep from spreading the virus?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. Put your used tissue in a waste basket. Cover your cough or sneeze if you do not have a tissue. Clean your hands **every time** you cough or sneeze.

## What should I do if I get sick?

If you develop symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, please contact your **health care provider** and discuss whether you need to be seen.

## Are there medicines to treat swine flu?

Yes. If taken early, antiviral medications can shorten the length of illness and lessen symptoms. Your health care provider will advise you on your need for these medicines.

## When are Broward County Schools closed?

The Broward County Health Department works closely with the Broward County School Board on these issues. Broward County Schools are opened and closed by decision of the Superintendent of Schools.

For private centers, the Health Department consults with Center Directors.

# Spread the Facts,

## Not the Flu

### Swine Flu

#### (H1N1 Influenza)

#### Information Sheet



#### REMEMBER THESE EASY STEPS TO HELP PREVENT THE SPREAD OF SWINE FLU

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This information was provided by the

**Broward County Health Department**

for more information please go to:

[www.browardchd.org](http://www.browardchd.org)

[www.floridashealth.com](http://www.floridashealth.com)

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

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