

Swine Flu (H1N1)

How does Swine Flu spread?

The CDC has determined that this swine influenza A (H1N1) virus can be spread from person to person through coughing or sneezing of people with influenza. People can also become infected by touching surfaces, including shaking hands with others, with flu viruses present and then touching their mouth or nose. That's why hand washing is so important.

What can I do to protect myself?

- **Wash your hands** frequently with soap and water or use alcohol based hand cleaners
- **Cover your nose and mouth** with a tissue when you cough and sneeze, throw the tissue in the trash, and immediately wash your hands.
- **Avoid touching your eyes, nose and mouth.** Germs spread this way.
- **Avoid contact with people who are sick.**
- **Stay in good general health** by getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious foods.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu are similar to symptoms of regular human influenza and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headaches
- Chills
- Fatigue

What should I do if I get sick?

Call your doctor or clinic if you develop the symptoms listed above. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness.

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

People with swine flu virus are considered contagious and can infect others from one day before symptoms develop and up to 7 after becoming sick. Younger children and people with very weak immune systems might be contagious for longer periods.

Can swine flu be treated?

Yes. The CDC recommends using the antiviral drugs oseltamivir (Tamiflu) or zanamivir (Relenza) to treat swine flu. Antiviral drugs can make your illness milder, end sooner and make you feel better faster. The antiviral drugs work best if started soon after getting sick (best within 2 days of symptoms).

Can you get swine flu from eating or preparing pork?

No. Swine flu viruses are not spread by food. Eating properly handled and cooked pork products is safe.

Where can I get more information on swine flu?

For general information on swine flu, the automated MHD informational hotline can be reached at 414-286-3616.

MHD website at www.milwaukee.gov/health

CDC website at www.cdc.gov