



MIDDLESEX COUNTY PUBLIC HEALTH DEPARTMENT
Division of Epidemiology and Bioterrorism

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FACT SHEET

Swine Flu

What is swine flu?

- Swine flu is a respiratory disease of pigs caused by a type A influenza virus that regularly causes outbreaks of influenza among pigs.
- Swine flu viruses do not normally infect humans; however, human infections with swine flu do occur.

Are there human infections with swine flu in the United States?

- Human infection with Swine influenza A (H1N1) viruses have been confirmed by the Centers for Disease Control and Prevention (CDC).
- For Daily updated information on the distribution of cases: www.cdc.gov/swineflu.

Is this swine flu virus contagious?

- The CDC has determined that this virus is contagious and is spreading from human to human.
- However, at this time, it is not known how easily the virus spreads between people.

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

- The symptoms of swine flu in people are similar to the symptoms of regular human flu and include:
 - Fever
 - Cough
 - Sore throat
 - Body aches
 - Headache
 - Fatigue
 - Chills
- Some people have reported diarrhea and vomiting associated with swine flu.

How can you get the swine flu?

- Spread of swine flu can occur:
 - Through contact with infected pigs or environments contaminated with swine flu viruses or through contact with a person with swine flu.
 - Human-to-human spread of swine flu has also been documented and is thought to occur in the same way as seasonal flu.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Can I get swine flu from eating or preparing pork?

- No. You cannot get swine influenza from eating properly handled and properly cooked pork or pork products.

How can someone with the flu infect someone else?

- Infected people may be able to infect others beginning one (1) day before symptoms develop and up to seven (7) or more days after becoming sick.
- That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Are there medicines to treat swine flu?

- Yes. The CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses.

Is there a vaccine to prevent the swine flu?

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

What can I do to protect myself from getting sick?

- You can take these everyday steps to protect your health:
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue 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.
 - Avoid touching your eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with sick people.
 - If you get sick with influenza you should stay home from work or school and limit contact with others to keep from infecting them.

What should I do if I get sick?

- If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you should contact your health care provider, particularly if you have traveled to any of the areas where human swine flu cases have been found.
- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

What action is the Middlesex County Public Health Department (MCPHD) taking?

- The MCPHD is currently working with the New Jersey Department and Health and Senior Services (NJDHSS), local health departments, and other public health partners.
- The Department has also increased influenza surveillance efforts with hospitals and health care providers.
- We will continue to provide residents with information about this event and advise them of any steps necessary to protect their health.
- Facts about the current swine flu event can be found on the our website at:
<http://co.middlesex.nj.us/publichealth/hot-topics.asp>

Where can I find additional information about the swine flu?

- Middlesex County Public Health Department Hotline: 732-745-4344
- Middlesex County Public Health Department Website:
<http://co.middlesex.nj.us/publichealth/hot-topics.asp>
- <http://www.cdc.gov/swineflu>
- <http://www.state.nj.us/health>

Information adapted from the Centers for Disease Control and Prevention
http://www.cdc.gov/swineflu/swineflu_you.htm