



Health Bulletin

Public Health Alert—Swine Flu (H1N1 Influenza)

What is swine flu?

A new type of flu called *Swine flu* or H1N1 has started to make people sick. It is a disease like regular (seasonal) flu. This virus came from a virus that usually makes pigs sick. Many countries around the world, including the United States, have *swine flu* cases.

How is it spread?



You cannot get swine flu from eating pork or pork products. The *swine flu* is spread the same way that regular flu spreads: from person to person through coughing or sneezing of sick people.

Sometimes people can get the flu by touching something like a door knob that has flu germs on it and then touching their mouth, nose or eyes before washing their hands.

Signs and Symptoms

Swine flu symptoms are like the symptoms of regular flu.

- Sore throat
- Chills
- Tiredness
- Coughing
- Headaches
- Diarrhea
- Fever
- Body pain

See a doctor if you have a high fever, trouble breathing or cannot keep food or liquids down.

Protecting yourself and others from swine flu



Stay home when you are sick. When you are sick,

stay home from work and school to protect others from getting sick. Wear a facemask or handkerchief to cover your mouth and nose if you have to go out.

Cover your cough. Cover your nose and mouth with a tissue when you cough or sneeze and then throw away the tissue.

Do not allow visitors. Ask friends and family not to visit while someone is sick at home.

Preventing swine flu

Wash your hands! It will help protect you from germs.

Avoid being around sick people. You can get the flu if a sick person coughs or sneezes around you.

Try not to touch your face. Germs spread when a person touches something that has germs on it and then touches their eyes, nose or mouth.

Practice other good health habits. Get plenty of sleep, stay physically active, manage your stress, drink fluids and eat healthy.

**FOR MORE INFORMATION ABOUT SWINE FLU:
www.phila.gov/health and www.CDC.gov**

If you have more questions, call your health care provider or 311