



PUBLIC HEALTH ADVISORY

April 28th, 2009

SWINE FLU INFORMATION

What is swine flu?

Swine influenza (swine flu) is a respiratory infection of pigs caused by Type A Influenza virus. This virus normally does not infect humans. However, the current strain of swine flu is causing illness in people in the U.S., Mexico, and other countries. It is also spreading from person to person. Most people in the U.S. who have become infected have had only mild flu illness.

Please contact your healthcare provider **IF you have these symptoms:**

- Temperature of 100°F (37.8°C) or greater, AND
- Cough or sore throat

Seasonal flu, has tapered off, but may still be present. Swine flu may be considered if you have these symptoms and have traveled to Mexico or other locations where swine flu has been confirmed, in the 7 days prior to symptom onset, or have been in contact with someone who is ill and traveled to these areas in the 7 days before they became ill.

How to protect yourself and others:

- If you or a family member are ill, stay home. Do not go to school or work. If you have the above symptoms, contact your healthcare provider as needed.
- 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 sanitizers can also be used.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

Not everyone needs to be tested, but IF you have the symptoms above SWINE FLU testing is **FREE**

Call for more information:

415-499-6823

www.marinflu.org

Department of Health & Human Services