



Swine Flu

Talking Points

4/28/09

Toll Free – Swine Flu Hot Line
1-877-81-VIRUS

What is the Swine Flu?

- A respiratory illness caused by a swine influenza virus
- It is spreading from person to person through contact with infected respiratory secretions

How can I catch the Swine Flu?

- Flu viruses are spread from person to person mainly through coughing or sneezing of persons with influenza
- Sometimes people may be infected by touching something with flu viruses on it and then touching their eyes, mouth or nose

How do I know I have the Swine Flu?

- **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, chills and fatigue**

How serious is this?

- **Like seasonal flu it can be mild to severe**
- **Serious symptoms in children that need urgent medical attention include**
 - **Fast breathing and/or difficulty breathing**
 - **Fever that is not reduced with “over the counter” medications**
 - **Inability to drink adequate fluids**
- **Serious symptoms in adults needing urgent medical attention include**
 - **Confusion and dizziness**
 - **Vomiting leading to dehydration**
 - **Difficulty breathing and shortness of breath**

What can help prevent catching the Swine Flu?

- **First and most important wash your hands before and after touching your eyes, nose or mouth**

- Stay in good health by getting plenty of sleep, eating nutritious food and drinking plenty of non-sugar and low sugar fluids.
- Avoid close contact with persons who are sick

What if I get sick?

- Stay home and avoid exposing other people
- Contact your doctor for instructions if you are not improving with rest, fluids and medicines for fever and body ache
- Let your medical provider know if you have been to locations that are reporting swine flu or you have been in contact with someone who is sick and has traveled to locations reporting swine flu

Is there a vaccine

- No, there is no vaccine for this strain

Should I be worried?

- You should be deliberate in using all prevention methods that reduce your chance of being infected with flu
- Hand washing before and after contact with your eyes, nose and mouth
- Stay home when sick and stay away from persons who are sick with flu symptoms

Should I wear a mask?

- At this point the CDC is not recommending masks for the general public

Can I eat Pork?

- Yes, always be sure to follow normal cooking precautions (temperature)

What about my Pet Pig?

- Take precautions, wash your hands frequently, wash area where pig stays, should not allow pig in house. Pigs can be sick prior to showing symptoms.
- If the pig is sick, isolate and get it to the vet.

Dissection of Pigs in schools

- Pigs that have been stored in solution are not a danger.