

# Swine Flu Facts

The Swine Flu is caused by the type A influenza virus and is commonly transmitted from pig to pig. However, a new strain of the virus (H1N1) has begun to spread from human to human.

According to the Centers for Disease Control, swine flu is contagious and is typically transmitted by contact with an infected person or by touching a contaminated surface then touching your eyes, mouth or nose. You cannot contract swine flu from eating pork. If you are infected, you will experience typical flu-like symptoms such as fever, lethargy, loss of appetite, coughing, headaches, chills and sometimes, nausea, vomiting and diarrhea.

The best way to help reduce the likelihood of exposure is by practicing good hygiene. Wash your hands regularly. If soap and water are not available, use an alcohol based hand cleaner. Try not to touch your mouth, nose, and eyes, unless your hands are clean. Always use a tissue when coughing or sneezing, dispose of it immediately and wash your hands.

Although there currently is no vaccination against this strain of influenza, it is treatable with antiviral medications which your health care provider can prescribe.

If you are sick, limit your contact with people or consider staying at home. If you experience flu like symptoms, you should contact your health care provider immediately for further evaluation.

## **Additional Resources:**

Centers for Disease Control and Prevention - <http://www.cdc.gov/swineflu/index.htm>

Health and Human Services - <http://www.hhs.gov/>

Trust for Healthy Americans - <http://healthyamericans.org/reports/flu/brochures/FluBrochure.pdf>

If you have any questions or would like additional information, please contact your local PMA Risk Control Consultant.

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