

WHAT IS THE SWINE FLU?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu happen regularly in pigs. Humans do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs but it is possible for swine flu viruses to spread from person to person.

WHAT IS BEING DONE ABOUT THE SWINE FLU?

The White House, Health and Human Service (HHS), and Department of Homeland Security (DHS) are watching this situation and working with local, state, and international public health agencies to gather information.

Public health officials have increased monitoring efforts both here in the United States (U.S.) and in Mexico. They are asking people to contact their public health office and their doctors if they think they have been exposed.

The Centers for Disease Control and Prevention (CDC) are posting all the latest information about what is happening here in the U.S. and Mexico with the swine flu and you can log on to their Website at www.cdc.gov/flu/swine.

WHAT YOU CAN DO TO PROTECT YOURSELF AGAINST THE SWINE FLU

At this time there are no travel restrictions in place for any country, there are however simple actions that can help prevent the spread of germs that cause sicknesses like the flu. Take these 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 or anti-bacterial hand cleaners also work.
- Try to avoid close contact with sick people.

Currently there is no vaccine to prevent the Swine Flu, but there are medications available to treat it. If you get sick with the flu it is recommended that you:

- Contact your doctor.
- Stay home from work or school.
- Stay away from others to keep from infecting them.
- Avoid touching your eyes, nose, or mouth, as germs spread this way.

More information about what you can do to protect yourself against swine flu and any flu can also be found on the CDC Website, www.cdc.gov.

CAN YOU GET THE SWINE FLU BY EATING PORK OR PORK PRODUCTS?

There is nothing to show that swine flu can be transmitted through food. Eating properly handled and cooked pork and pork products are safe. Cooking pork to an internal temperature of 160°F kills bacteria and viruses.