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Dr. William C. Hardin, Superintendent

## Swine Flu Fact Sheet

**Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person to person, but in the past, this transmission was limited and not sustained beyond three people.**

### Prevention:

1. Wash your hands often with soap and water. Alcohol based hand cleaners are also effective.
2. Try to stay in good general health.
3. Do not go to work or school if you are ill.
4. Cover your mouth or nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
5. Remember germs spread by touching your eyes, nose, and mouth.
6. Try to avoid close contact with sick people.

### Symptoms:

1. Fever
2. Lethargy
3. Lack of Appetite
4. Coughing
5. Possibly – runny nose, sore throat, nausea, vomiting, and diarrhea

### Recommendations:

If you or a family member experiences a temperature of over 100 degrees, respiratory symptoms, cough, sore throat, or a runny nose, you should contact your health care provider. Please note that this does not necessarily mean you will be tested for swine flu. In most cases another component will be necessary before testing such as a visit to Mexico. If testing is necessary, this will be determined by the Health Department and your Health Care Provider. The criteria for sending a student home from school have not changed.

If you would like more information about the swine flu, the website of the Coastal Health District is [www.gachd.org](http://www.gachd.org) or the website for the Center of Disease Control is [www.cdc.gov](http://www.cdc.gov)

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