

# Swine Influenza A (H1N1) Fact Sheet

## Racine County Health Departments

### What is Swine Flu?

The swine influenza A (H1N1) virus is a new virus that has not been identified previously in people.

### How is Swine Flu Spread?

Spread of this virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. The virus is not spread by food, including pork or pork products. Eating properly cooked and handled pork products is safe.

### What are the symptoms of Swine Flu?

The symptoms of human swine flu are similar to the regular seasonal influenza and include:

- Fever
- Coughing
- Nausea
- Tiredness
- Runny nose
- Vomiting
- Lack of Appetite
- Sore throat

### What should I do if I have symptoms of Swine Flu?

- Contact your health care provider. Individuals who seek medical care should call their medical provider to report their illness before to going to a clinic, physician's office, or hospital.
- Stay at home until at least 24 hours after symptoms have resolved. The Centers for Disease Control and Prevention recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### How can I prevent myself from contracting Swine Flu?

- 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 cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

### Does seasonal influenza vaccine protect against Swine Flu?

It is believed that the seasonal influenza vaccine does not provide protection against swine flu.

### Where should I go to find more information on Swine Flu?

#### Websites

- Wisconsin Pandemic Influenza Information  
<http://pandemic.wisconsin.gov>
- Centers for Disease Control and Prevention (CDC)  
<http://www.cdc.gov/swineflu/index>.

#### Health Departments

City of Racine  
730 Washington Ave  
Racine, WI 53403  
(262) 636-9201

Caledonia/Mt Pleasant  
10005 Northwestern Ave Ste A  
Franksville, WI 53126  
(262) 835-6429

Western Racine County  
156 East State St.  
Burlington, WI 53105  
(262) 763-4930