

Facts About Swine Flu (H1N1 flu)

Did you know?

- Swine flu (H1N1 flu) is a respiratory disease caused by type A influenza viruses.
- The Swine flu spreads the same way the regular flu spreads. People with the flu pass it to others by coughing and sneezing.
- Swine flu can cause fever, runny nose, being tired, sore throat, and coughing.
- Swine flu is not spread by eating pork. This flu has not been found in pigs in the United States.
- Most of the time the Swine flu sickens people for a short time period. But like the regular flu, some people have gotten very sick and a small number have died from Swine flu.
- There are medicines that can treat Swine flu.



How can you stay healthy and keep from getting the Swine flu?



- Wash your hands often with soap and water.
- Avoid close contact with sick people.
- Try not to touch things that may have the flu virus on them.
- Stay home when you are not feeling well.
- After sneezing, wash your hands or use a hand sanitizer with 60% alcohol.
- Sneeze into a tissue, your sleeve, or your elbow. Do not cover your mouth with your hands.