

Swine Influenza Fact Sheet

Updated 4/29/09 at 12:00PM

What is 'swine flu'?

Swine influenza (swine flu) is a respiratory disease of pigs caused by type-A influenza viruses. People do not normally get swine flu, but human infections can, and do, happen.

Are there any cases of swine flu in Vermont or New Hampshire?

There are no reported cases in New Hampshire or Vermont. Confirmed cases in the U.S. have been reported in Massachusetts, New York (City), California, Kansas, Ohio, Nevada, Arizona, Michigan, Indiana, Ohio and Texas.

Is swine flu virus contagious?

Yes. The Centers for Disease Control and Prevention has determined that this virus is contagious and can spread from person to person.

What are the symptoms of swine flu in people?

The symptoms of swine flu are similar to the symptoms for the regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue and in some cases, diarrhea and vomiting.

How does someone catch swine flu?

Swine flu can spread in two ways:

- Through contact with infected pigs or environments contaminated with swine flu viruses
- Through contact with a person infected with swine flu.

Is there medicine to treat swine flu?

Yes. There are antiviral drugs that a doctor can prescribe.

How can I protect myself from getting sick?

- Cover your nose and mouth when you cough
- Wash your hands with soap and water often, especially after you cough or sneeze. Alcohol hand gels can also be used
- Avoid close contact with people who are sick
- If you are sick with influenza, stay home from work or school and limit contact with others

What should I do if I think I am experiencing the symptoms of Swine Flu?

- Anyone experiencing symptoms of swine flu is encouraged to contact their Primary Care Provider.

Should I Travel to Mexico?

At this time, CDC recommends that U.S. travelers avoid all nonessential travel to Mexico.

If you have more questions, New Hampshire and Vermont have set up toll-free information lines:

- **New Hampshire:** (888) 330-6764 **Vermont:** Dial 2-1-1 **On the Web:** www.cdc.gov

MVHI the Health Initiative

Working to improve the health & well-being of the New Hampshire residents of the Upper Valley

Tel: (603) 523-7100

Susan.Houghton@MVHI.org

Fax: 603-523-7113