



## Swine Influenza Talking Points

- The CDC has confirmed cases of a unique strain of swine influenza virus in the U.S. and in other parts of the world. None of the current cases have reported direct or remote exposure to swine.
- Spread of this swine influenza virus is thought to be occurring in the same way that seasonal influenza spreads, from person to person through coughing or sneezing. People may also become infected by touching something with influenza viruses on it and then touching their mouth or nose.
- The symptoms of swine influenza in people are similar to the symptoms of seasonal influenza and include **fever, cough, sore throat, body aches, headache, chills and fatigue**. Some people with swine influenza have also reported diarrhea and vomiting. Like seasonal influenza, swine influenza may cause a worsening of underlying chronic medical conditions.
- To help prevent illness:
  - Avoid contact with ill persons.
  - When you cough or sneeze, cover your nose and mouth with a tissue. If you do not a tissue cough or sneeze into your elbow.
  - After you cough or sneeze, wash your hands with soap and water, or use an alcohol-based hand gel.
- If you think you are ill, avoid close contact with others as much as possible. Stay at home, do not go to work, school, or travel while ill. Seek medical care if you are severely ill (such as having trouble breathing)
- If you have recently visited Mexico or areas in the U.S. where swine influenza cases have been confirmed and develop swine influenza like symptoms within seven to ten days after your return, it's important to consult your health care provider.

4/27/09