

What should I do if I get sick?

If you live in an area where swine Influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea or vomiting or diarrhea, you may want to contact your health care provider. They will determine if testing or treatments needed.

If you are sick, you should stay home and avoid contact with others as much as possible to keep from spreading your illness. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. This may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands. Do so every time you cough or sneeze.

For more information, visit

www.cdc.gov/flu



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Swine Influenza
(Flu) Information



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Qs & As about Swine Flu

- 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 this can happen.
- Cases of swine flu has been reported in the U.S. and confirmed. Updated information can be found at: <http://www.cdc.gov/swineflu/investigation.htm>.CDC.
- CDC has determined that this swine influenza (H1N1) is contagious and human to human spread has occurred. At this time, it is not known how easily the virus is spread between people.
- There is no evidence that swine influenza can be transmitted through food. Eating properly handled and cooked pork products is safe. An internal temperature of 160 degrees kills the bacteria and viruses.
- People infected with flu typically **have fever (often high), cough, body aches, headaches, fatigue and runny or stuffy nose.** Vomiting and diarrhea may also occur. Like seasonal flu, swine flu may cause worsening of underlying chronic medical conditions.

What You Can Do

Washing your hands. Use soap and water by first wetting your hands with lukewarm water, adding soap, lathering and rubbing hands together for at least 15 seconds, rinsing with lukewarm water, and completely drying hands with paper towels.

If you or your family becomes ill with flu-like symptoms, **let your doctor know.**

Most cases of influenza in humans are caused by human flu virus. However, in the unusual event that you are inflicted with a swine flu virus, the health department will want to talk with you about your illness and make sure other people you live and work with are not sick with the same virus.

Influenza medications are available to treat swine flu in people. These medications should be started in the first 2 days of being ill to be most effective.

It is important to know if swine flu viruses are spreading among people so that public health authorities can work to prevent future cases.

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- 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 hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.