

## **Questions and Answers about Swine flu**

**Q1:** What is Swine flu?

**A1:** Swine flu is a respiratory disease that usually affects pigs, although some human cases have been reported.

**Q2:** How widespread is swine flu?

**A2:** There are multiple cases confirmed in several states in the United States including California, Texas, Ohio, New York, and Kansas. Mexico has seen the largest number of cases. The Centers for Disease Control and Prevention (CDC) is continuing to monitor for additional cases and will update their Web site daily: [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)

**Q3:** Is swine flu contagious?

**A3:** The CDC has found that this virus is contagious and is spreading from human to human. However, it is not clear how easily the virus spreads from person to person. Persons diagnosed with swine flu should be considered potentially contagious for up to 7 days after getting sick. Children, especially younger children, might potentially be contagious longer.

**Q4:** What are the symptoms?

**A4:** Symptoms are similar to human influenza with fever, body aches, decreased appetite, cough, runny nose, and sore throat. A couple of patients also reported diarrhea and vomiting. You should contact your physician for additional questions about symptoms.

**Q5:** Will the flu vaccine I got this year protect me from swine flu?

**A5:** You should contact your physician for questions about your flu vaccine.

**Q6:** What medicines are available to treat swine flu?

**A6:** You should talk to your physician about treatments for swine flu.

**Q7:** How can I protect myself?

**A7:** There are many ways to help protect yourself:

- 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.
- Try to avoid close contact with people who are sick.
- Contact your physician if you are having flu type symptoms.

**Q8:** What should I do if I get sick?

**A8:** As with any illness, you should contact your physician for consultation and diagnosis. Your health care provider will determine whether influenza testing or treatment is needed.

**Q9:** How can I get more information about swine flu?

**A9:** There is lots of helpful information about swine flu available from the Centers for Disease Control and Prevention (also known as the CDC). You can access that information at the following website:

[www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/)