

## Swine Flu Signs & Symptoms

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Following are the signs and symptoms of swine flu, along with a request for those who have traveled outside the country and are returning. Please feel free to contact us if you have any questions, and thank you for your time as we will continue to stay proactive in our communication.

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### What are the signs and symptoms of swine flu in people?

- Similar to regular human flu
  - Fever, cough, sore throat, body aches, headache, chills, and fatigue
  - Some have reported diarrhea and vomiting
  - May cause a worsening of underlying chronic medical conditions
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### How can someone with the flu infect someone else?

- Beginning 1 day before symptoms develop and up to 7 or more days after becoming sick
  - You may pass on the flu to someone else before you know you are sick, as well as while you are sick
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### Travel Outside of Country

If you have been outside of the country and are returning, please refrain from visiting our communities for at least 7 days. If you have any questions please feel free to call the Executive Director.

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### How long can an infected person spread Swine Flu to others?

- As long as they are symptomatic and for up to 7 days following illness onset
  - Children, especially younger children, might be potentially contagious for longer periods.
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### What surfaces are most likely to be sources of contamination

- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
  - Droplets from a cough or sneeze of an infected person move through the air
  - Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or notes before washing their hands
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### **What should I do if I get sick?**

- If you live in areas where Swine influenza cases have been identified and become ill with influenza-like symptoms, you may want to contact your health care provider, particularly if you are worried about any symptoms you may have**
- Your health care provider will determine whether influenza testing or treatment is needed**

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### **Can I get Swine influenza from eating or preparing pork?**

- No. Swine influenza viruses are NOT spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.**