

# What You Should Know About **SWINE FLU**

## **What are the symptoms of swine flu?**

Swine influenza is a respiratory disease of pigs caused by type A influenza viruses. Symptoms of swine flu in people are similar to those of seasonal flu and include **fever, fatigue, lack of appetite and coughing**. Some people with swine flu also have reported **runny nose, sore throat, nausea, vomiting and diarrhea**.

## **What can you do to stay healthy?**

People with swine flu are contagious for up to seven days or longer after the onset of illness, so it is important to take the following steps to prevent spreading the virus to others:

- **Stay home when you are sick to avoid spreading illness to others. Keep your children home from school or daycare when they are sick.**
- **Cough or sneeze into the bend of your elbow or a tissue to cover your nose and mouth. Throw the tissue in the trash after you use it.**
- **Wash your hands often with soap and water, especially after you cough, sneeze or care for sick children. Alcohol-based hand cleaners are also effective.**
- **Avoid touching your eyes, nose or mouth—this spreads germs.**

In addition, there are everyday actions you can take to stay healthy:

- **Try to avoid close contact with sick people.**
- **Stay healthy by eating a balanced diet, drinking plenty of water and getting plenty of rest and exercise.**
- **If you have a recent history of travel and experience mild, flu-like symptoms, stay home.**
- **Contact your health care provider if you have flu-like symptoms.**

This fact sheet is based on information from the Centers for Disease Control and Prevention and the Pennsylvania Department of Health.