

# Swine Influenza (Flu)

Human cases of swine influenza A (H1N1) virus infection have been identified in the United States. Human cases of swine influenza A (H1N1) virus infection also have been identified internationally. Investigations are ongoing to determine the source of the infection and whether additional people have been infected with swine influenza viruses.

CDC is working very closely with officials in states where human cases of swine influenza A (H1N1) have been identified, as well as with health officials in Mexico, Canada and the World Health Organization. This includes deploying staff domestically and internationally to provide guidance and technical support. CDC has activated its Emergency Operations Center to coordinate this investigation.

Laboratory testing has found the swine influenza A (H1N1) virus susceptible to the prescription antiviral drugs oseltamivir and zanamivir and has issued interim guidance for the use of these drugs to treat and prevent infection with swine influenza viruses.

## 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.**

## Questions & Answers

**Q.** What are the symptoms of swine flu?

**A.** The symptoms are similar to the common flu. They include fever, lethargy, lack of appetite, coughing, runny nose, sore throat, nausea, vomiting and diarrhea. Check with your doctor if you have these symptoms.

**Q.** How does the virus spread?

**A.** The virus spreads the same way the seasonal flu does. When an infected person coughs or sneezes around another person, the latter is put at risk. People can become infected by touching something with the flu virus on it and then touching their mouth, nose or eyes. An infected person can pass the virus to another before any symptoms even develop.

**Q.** How can one keep from getting swine flu?

**A.** There are no vaccines available. But several everyday steps can help prevent the spread of germs: **Washing hands frequently**; avoiding close contact with people who are sick; and avoiding touching surfaces that might be contaminated.