



## Swine Flu Alert Information

The San Bernardino County Department of Public Health has provided a brief summary of the current public health situation with regard to swine influenza.

- As of 4-27-09, seven CA residents have been diagnosed with confirmed swine Influenza A (H1N1) virus infection. They all reside in San Diego or Imperial counties. **All have recovered.**
- There are 33 more cases confirmed from four other states, totaling 40 cases in the U.S.
- Swine Influenza (swine flu) is a common respiratory disease of pigs, but it doesn't normally infect humans. Human cases have occurred, however, most commonly among people with direct exposure to pigs.
- You can not get swine flu from eating pork.
- There is no vaccine to protect people from swine flu.
  
- **The public does not need to take any unusual precautions at this time, other than what they would do for normal seasonal influenza.**
  - 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.
  - Avoid touching your eyes, nose or mouth. Germs spread this way.
  - Try to avoid close contact with sick people.
  - Stay home and limit contact with others if you're sick.

The symptoms of swine flu in people are similar to the symptoms of regular human seasonal flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people with swine flu also have reported vomiting and diarrhea.

If you are experiencing flu-like symptoms, such as a fever over 100 degrees with a cough or sore throat, please consult with your medical provider.

For more information about swine influenza, you can call the County Department of Public Health at 1-800 782-4264 or access the Centers for Disease Control and Prevention's web page on swine influenza at [www.cdc.gov/flu/swine/index.htm](http://www.cdc.gov/flu/swine/index.htm).

If you have additional questions, you can call the CDC at 1 (800) 782-4264 between the hours of 8AM and 5PM Monday through Friday.

Post date 4-27-09  
(time stamp)