



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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Healthy People in Healthy Communities

ABOUT THE SWINE FLU

What is swine flu?

Swine flu is a respiratory disease of pigs caused by type A influenza virus. Swine flu virus regularly causes outbreaks in pigs but rarely in humans. Occasionally there have been human infections of swine flu such as we are seeing now and in this current situation there is evidence of person-to-person transmission.

What are the symptoms of Swine Flu?

- Fever 100° or higher
- Sore throat
- Cough
- Vomiting and/or Diarrhea

Why should you be concerned?

The swine flu is a new flu virus and people have little or no immunity. If this new flu virus begins to spread easily person-to-person, it could sweep across the country and around the world in a very short time. This would cause an influenza pandemic.

At this time, we do not know how serious it will be or how long it will last. As more people become infected, the risk of exposure to the public becomes greater.

What should I do if I think I am sick?

- If you have a fever of 100°F or higher and one of the symptoms listed above, call your doctor or medical provider. Your doctor may have you come in for an appointment and test you for influenza. Your physician will decide whether influenza antiviral treatment is needed.
- If you're sick – stay home from work or school. It is important to limit contact with other people, so you don't spread germs to others.
- If you have flu symptoms and need to go to a medical appointment, use a surgical mask or cover your mouth and nose with a tissue when you sneeze or cough, and throw the tissue in the trash afterward. Call your doctor in advance to let them know that you are coming in or to receive advice on home care.
- If you are feeling sick and you don't have a fever, it's best to stay home from work or school, get plenty of rest and drink plenty of fluids. If your symptoms get worse, call your physician or medical provider.

What can I do to prevent getting sick?

- Wash your hands with soap and hot water to get rid of germs and prevent the spread of disease, especially after coughing and sneezing. If you do not have soap and water, use a waterless hand gel with an alcohol base of at least 60%.
- Cover your mouth and nose with a tissue whenever you sneeze and cough. Throw the tissue away in a waste basket. If you do not have a tissue, sneeze or cough into the fold of your elbow, without using your hands.
- Avoid kissing or shaking hands when greeting people, and do not share food, drinks or utensils.
- Keep common areas clean; places such as kitchen counters, bathrooms, door handles, toys, telephones and other household items.
- Allow fresh air to flow into your home or at work by opening screened windows and doors.

For more information: Swine flu information has been posted to the San Benito County Web site: sanbenitoco.org. Call the San Benito County Public Health for more information 831-637-5367.

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HEALTH EDUCATION PROGRAMS
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