

- **What is swine flu?**

Swine Influenza (swine flu) is similar to the normal seasonal influenza, but normally occurs in pigs. In humans, swine flu has the same signs and symptoms and treatments as normal seasonal flu.
- **How do I get swine flu?**

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with the flu. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- **What are the signs and symptoms of swine flu?**

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.
- **What should I do if I think I might have swine flu?**
 - Stay home from work or school
 - Limit contact with others, so you don't infect them
 - Cover your cough
 - If you would normally see a doctor for your symptoms, then contact your doctor. Your doctor will then determine if treatment and/or further testing is needed.
- **How do you treat swine flu?**

Swine flu is treated the same way as regular flu. Antiviral medications are available and may be prescribed by a health care professional.
- **If I got my flu shot this year, can I still get swine flu?**

Yes. The flu vaccine is not effective against swine flu.
- **How can I protect myself from getting swine flu?**
 - Wash your hands frequently or use hand sanitizer.
 - Avoid touching your eyes, nose or mouth, as may become infected.
 - Avoid close contact with people who are sick.
 - There is no vaccine available for swine flu.

For more information visit

- www.MCDH.info
- http://www.idph.state.il.us/flu/swine_flu_mex.htm
- <http://www.cdc.gov/swineflu/>

If you have any questions, **call the MCDH Call Center at (815) 334-4510, select option 1**

McHenry County Department of Health