



San Bernardino County Department of Public Health
Preparedness and Response Program



SWINE FLU

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus. People do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs.

Preventing the Flu:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.



Signs and Symptoms:

- Fever, greater than 100° F
- Cough
- Sore Throat
- Body Aches
- Headache
- Vomiting
- Diarrhea



If Sick:

- Stay home and avoid contact with other people as much as possible to keep from spreading germs to others.
- Contact your health care provider, particularly if you are worried about your symptoms.

For more information:

- Contact Centers for Disease Control and Prevention website at: www.cdc.gov/swineflu or call **1-800-232-4636**.
- Call County of San Bernardino Department of Public at **1-800-782-4264**.
- You can also go to the California Department of Public Health website at www.cdph.ca.gov