

Frequently Asked Questions:

What is Swine Flu?	Swine flu is a new strain of flu that had not previously been seen in the United States. Swine flu has been seen in the United States before, but not this strain.
How did this strain of Swine flu start?	An investigation is on-going, but so far we do not know how this has started. None of the San Diego cases has had direct or indirect contact with pigs.
We have flu around us all the time, what is all the concern with this flu?	Yes, we do have flu in our communities throughout the year, with a definite increase in flu during the “flu season”. As a matter of fact, approximately 35,000 people die nationally in any given year from the seasonal flu. What is different is this flu strain is new, therefore the current seasonal flu vaccine does not protect against it and people have not built up any immunity to it yet. Also, because it is new, our medical community really doesn’t know how our bodies will physically respond to it.
But I have heard people in the United States just get flu like symptoms?	Yes, so far in the United States most people have had regular seasonal flu-like symptoms and recover. However, we know in Mexico numerous people were hospitalized and there have been deaths, so we are watching and preparing for that possibility to happen here in the United States.
How is the Swine Flu spread?	We believe it is spread like the regular seasonal flu – through droplets left behind when people who are sick cough and sneeze. Then someone comes along and puts their hand on the droplet that can not be seen and touches their hand to their face.
How long are people contagious?	We believe they are contagious from one day before symptoms occur and up to seven days after becoming sick, or until symptoms resolve.
If people are sick when can they return to work?	On the seventh day after becoming sick or when symptoms resolve if longer than seven days.
What can we do to prevent the disease?	Wash your hands often. Stay home if you are sick and limit contact with others. Cover your cough and sneezes with your arm or tissue, not with your hand. Avoid close contact with sick people.
If I get sick is there treatment?	Yes, there are antiviral medications that can be used. The decision to utilize these medications is up to your health care provider who follows guidelines from the Federal government.
Is there a vaccine to prevent me from getting the Swine flu?	No, there is not currently a vaccine.

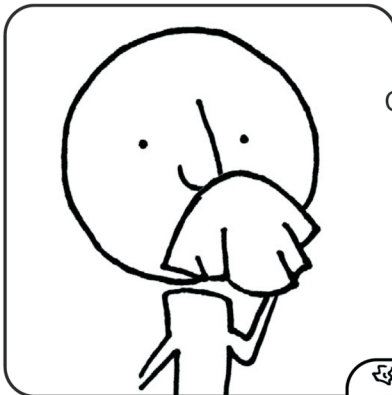
Please closely monitor the County of San Diego Swine Flu page on the county’s website:

- <http://www.sdcounty.ca.gov/Portal/News/swineflu.html>

San Diego County residents may call 211 or the County of San Diego Swine Influenza Information Line at (858) 715-2250 for further questions.

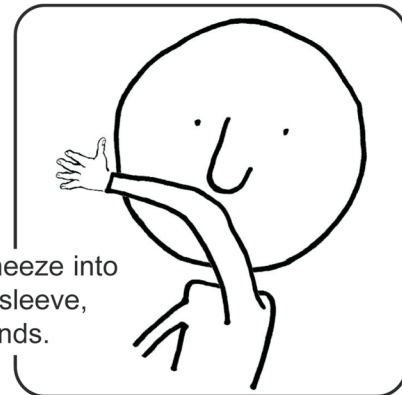
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

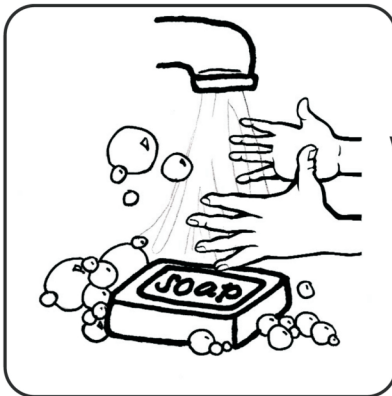


Put your used tissue in the waste basket.



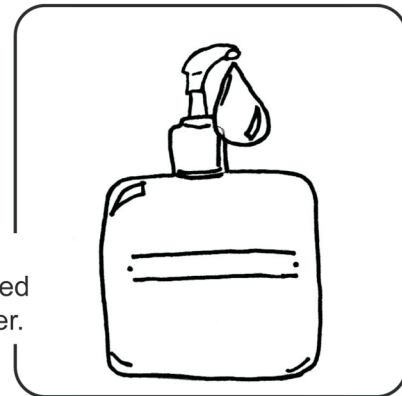
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or clean with alcohol-based hand cleaner.



Minnesota Department of Health
625 N Robert Street, P.O. Box 64975
St. Paul, MN 55164-0975
651-201-5414 TDD/TTY 651-201-5797
www.health.state.mn.us



Minnesota Antibiotic Resistance Collaborative



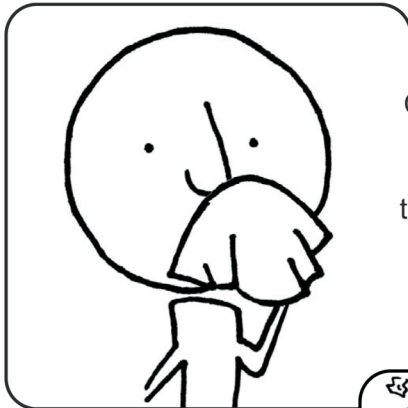
Swine Influenza Information Line:

2-1-1

www.sdcounty.ca.gov

¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra SU tos



Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude

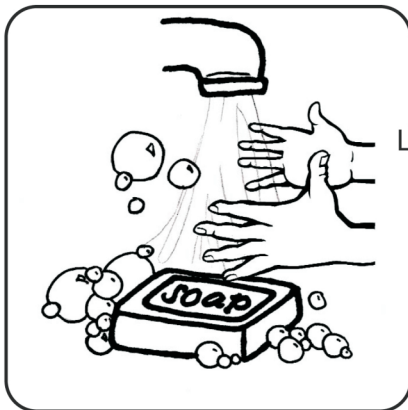
o
tosa o estornude en la
manga de su camisa,
no en sus manos.

Deseche el kleenex
sucio en un basurero.



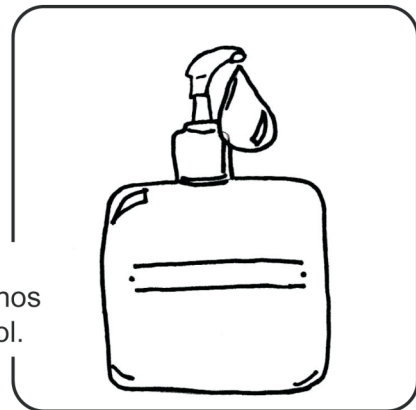
Lávese las manos

después de toser o estornudar.



Lávese con agua
tibia y jabón

o
límpiase con un
limpiador de manos
a base de alcohol.



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Minnesota
Antibiotic
Resistance
Collaborative



Línea de Información sobre
Gripe Porcina:

2-1-1

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