

## Swine Flu Statement

CDC has determined that this new H1N1 virus (Swine Flu) is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people. You cannot get Swine Flu from eating pork or pork products. Case counts are updated daily and are available and are available on the CDC website. <http://www.cdc.gov/h1n1flu/>

CDC goals right now are to reduce transmission and illness severity. Northwest Bergen Regional Health Commission is in contact with the State Health Department is watching for any new cases or indications of an outbreak. There is a national stockpile of antiviral drugs which will be released to the community if the need should ever arise.



### **What are the signs and symptoms of this virus in people?**

The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Also, like seasonal flu, severe illnesses and death has occurred as a result of illness associated with this virus.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

### **Take everyday actions to stay healthy:**

- ◆ 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 hands cleaners are also effective.
- ◆ Avoid touching your eyes, nose or mouth. Germs spread that way.
- ◆ Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- ◆ Send your child to school with Alcohol-based hands cleaners to help prevent germs from spreading in school.
- ◆ Call 1-800-CDC-INFO for more information.