

## Questions and Answers: What You Need to Know to Stay Healthy

*Provided by Adris Hoven, MD, infectious disease specialist and member of the AMA Board of Trustees*



Q: What is swine flu? Swine flu is a respiratory disease of pigs caused by the H1N1 virus.

A: Human infections can occur and may spread from person-to-person.

Q: Am I protected if I had a flu shot?

A: The seasonal influenza vaccine is not likely to provide protection against H1N1 viruses.

Q: How is the swine flu spread?

A: It can pass from human to human via coughing, sneezing or touching infected people or surfaces, then touching the mouth, nose or eyes.

Q: Can I get swine flu from eating pork?

A: No, you cannot get swine flu from eating pork or pork products.

Q: What are your top tips for staying healthy and avoiding the swine flu?

A: Avoid close contact with people who are ill. Wash your hands with soap and warm water and/or use alcohol-based hand sanitizers. If you are sick stay home. Also if you are sick, cover your mouth when you cough and sneeze. Use tissues and throw them in the trash.

Q: What are the symptoms of swine flu? How soon do they appear?

A: Symptoms are similar to regular flu: fever, fatigue, sore throat, cough, poor appetite, body aches and chills. Some people also have nausea, vomiting and diarrhea. Symptoms can appear within 24-72 hours of exposure to the H1N1 virus.

Q: What should I do if I think I've been infected?

A: Do not hesitate to contact your physician if you feel you have been exposed to swine flu or have flu-like symptoms.

Q: How dangerous is the swine flu? What is the treatment?

A: Like seasonal flu, swine flu in humans can vary in severity from mild to severe. People who have been exposed to swine flu or have questions about their health should contact their physician. Antiviral drugs are available for the treatment of swine flu.

Q: Where can I get more information about swine flu?

A: For more information visit the CDC's web site at <http://www.cdc.gov/swineflu/>. It is updated daily with new information.

**If you have questions, please feel free to ask me, or any of my practice team members. Thank you.**