
SWINE FLU ALERT

Date: 4/27/2009- 4:30pm

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The Swine flu is an influenza virus that causes flu outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. The new swine flu virus infecting humans is very unusual as it mixes pig, bird and human genes of the flu.

Human infections with swine flu have been detected internationally and in the United States, including California.

Symptoms of the swine flu are similar to those of regular human flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Fever and body ache are clearly more prominent than with a common cold.

People over 50 years of age or with a chronic disease should receive the pneumococcal vaccine. If you are worried about your symptoms, call your health care provider.

Currently, there is no vaccine available to protect against swine flu. The current seasonal flu shot will not be effective towards this swine flu. However, Public Health officials are recommending that the public take precautions to protect themselves and their families.

Things you can do to help:

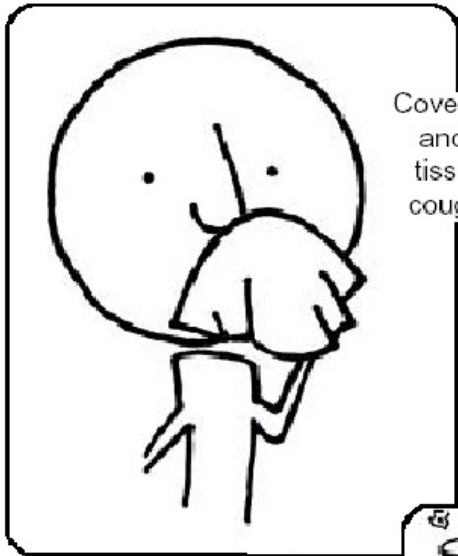
- **If you are over 50 or have a chronic medical condition we recommend the pneumococcal vaccine (Pneumovax)** since most of the serious complications of influenza are related to pneumonia.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Avoid touching your eyes, nose or mouth.
- **Wash your hands often with soap and water**, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- **Try to avoid close contact with sick people.**
- **If you get sick with the flu, stay home from work or school** and limit contact with others to keep from infecting them. Germs spread this way.

For additional information call the Stanislaus County Health Services Agency Flu Hotline at 558-8872 or visit www.stanemergency.com for the most up to date information.

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

Cover your Cough

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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.

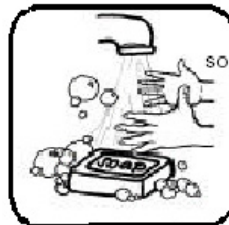


You may be asked to put on a surgical mask to protect others.

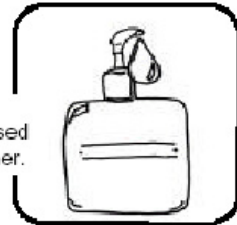
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Clean your Hands

after coughing or sneezing.



Wash with soap and water or clean with alcohol-based hand cleaner.



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