



Swine Influenza



A new strain of influenza has been detected in North America. The Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza. Human-to-human spread of swine flu viruses is occurring worldwide. Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

More information: **City of Riverside Fire Department
Office of Emergency Management
(951) 320-8100**

Swine Influenza Signs and Symptoms

- ✓ Fever (100 degrees or higher)
- ✓ Runny nose, cough, sore throat
- ✓ Body aches, chills, fatigue
- ✓ May or may not have gastrointestinal symptoms (diarrhea and vomiting)

Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

What you should do:

- Stay home when you are sick to avoid spreading illness to friends and co-workers or students.
- If exhibiting flu like symptoms, seek medical attention through your medical provider.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Frequent and vigorous hand washing.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.
- Practice social distancing from people exhibiting flu like symptoms.
- Avoid personal contact with people exhibiting flu like symptoms.
- Practice alternate greeting techniques instead of traditional hand-shaking.
- Keep work areas clean and sanitized.

<http://www.rivcoph.org/>

<http://www.dhs.ca.gov/>

<http://www.cdc.gov/swineflu/>

**CITY OF RIVERSIDE - OFFICE OF EMERGENCY MANAGEMENT
(951) 320-8100
www.ReadyRiverside.com**