

## Questions & Answers about Swine Flu



**What is swine flu?**

Swine flu is an infection that is usually seen in pigs. This is why it is called swine flu.



Swine flu is a type of flu that is now been found in some people.

**What are the symptoms of swine flu in people?**



The symptoms of swine flu in people will probably be like the symptoms of regular winter flu.



This includes a fever or feeling very hot, having no energy, not feeling hungry, and coughing.



Some people with swine flu also have had a runny nose, sore throat, feeling sick, being sick and having diarrhoea.



## How can you try not to get flu?

This swine flu is spreading from person to person. But we don't know how easily it spreads between people.

You can try not to get it by:



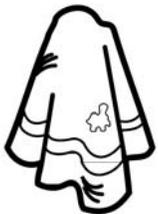
Covering your nose and mouth when you coughing or sneezing, using a tissue when possible.



Put the dirty tissue in the bin as soon as you have used it.



Have good hygiene; make sure you wash your hands often with soap and water to  
Make sure germs don't spread from your hands to face or to other people.



Dry your hands properly and remember to wash your towels when they need to be.



Clean hard surfaces like work surfaces, computer keyboards and door handles regularly using normal cleaning things.



## **Can people catch swine flu from eating pork?**

You can not get swine flu from eating pork or pork products, like sausages or bacon.



You should always make sure you wash your hands before and after you touch raw meat anyway.



Cooking pork properly to a high temperature of 160°F kills any bacteria and viruses.



## **Can it be treated?**

There are some tablets that will help you get better. If people have Swine Flu they will be given these by their doctor.



## **Why do they talk about a pandemic?**

People are talking about a pandemic because the flu has travelled from 1 country to another and being passed from one person to another person.



It is also a new kind of flu and so scientists think it could spread easily if people do not follow the tips to avoid it. This would be a pandemic.



If you or someone who knows you has been to Mexico or the U.S.A and is feeling unwell what should they do?



Anyone who has a flu-like illness should stay at home. They should try to keep away from other people, so the germs don't spread.

Do not go out to other places.



Do not go to your doctor.



Stay at home and call your doctor for advice.



If you think you might have flu you can also call NHS Direct on **0845 4647**

There will be a member staff on the end of a telephone who can listen to your concerns and tell you what to do next.



## More information

To keep up to date on swine flu you can use a computer to go online at-

<http://www.nhsdirect.nhs.uk/>

Information can also be found on the Health Protection Agency website at [www.hpa.org.uk](http://www.hpa.org.uk)

Information produced using Somerset Total Communication symbols.

<http://www.somerset.gov.uk/somerset/socialservices/pi/stc/index.cfm>

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