



COVER YOUR  
COUGH AND SNEEZE



**FOR MORE INFORMATION**

You can call the Health  
Department's Swine Flu  
Hotline at 410-651-5600 or  
you can view these websites:

Somerset County Health Dept.

[www.somersethd.org](http://www.somersethd.org)

Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)

**Somerset County  
Health Department  
7920 Crisfield Highway  
Westover, Maryland 21871**

**Phone: 443-523-1700**

**Fax: 410-651-3425**



▶ **Swine Flu**



**Somerset County  
Health Department  
443-523-1700**



## WHAT IS SWINE FLU?

Swine flu is a respiratory infection caused by influenza viruses that regularly cause outbreaks in pigs.

## HOW IS IT TRANSMITTED?

Swine flu viruses can be directly transmitted between pigs and people. Human-to-human transmission is also possible. Spread is mainly through coughing or sneezing. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

## IS THERE A VACCINE?

At this time, there is no vaccine for swine flu. The seasonal influenza vaccine does not provide protection against swine flu. This makes ordinary precautions, such as covering coughs and washing hands, all the more important.

## IS THERE MEDICATION?

The antiviral medications Tamiflu and Relenza can help alleviate swine flu symptoms, and are particularly important for people with severe illness or with risk factors for complications from flu. Groups that are normally at higher risk of complications include young children, the elderly, and people with chronic disease.

## WHAT TO DO IF YOU HAVE SYMPTOMS

If you develop any of the symptoms, you should contact your local health care provider.

## WHAT ARE THE SYMPTOMS?

Swine flu symptoms appear to be similar to the symptoms of regular human flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Lethargy
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting

## PROTECT YOURSELF AND OTHERS

- Cover your mouth and nose when you cough or sneeze.
- Wash hands often with soap and water. Alcohol based hand cleaners are also effective.
- If you are sick, stay home. Do not go to work or school.
- Avoid contact with other people as much as possible to keep from spreading your illness to others.
- Maintain a personal distance between yourself and a person showing symptoms of illness.
- Limit attending public gatherings.
- Remain calm. Remember that social distancing is the safest thing to do.