



Swine Flu Information for Schools and Daycare Centers

What are the symptoms of swine flu?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue (tiredness)

Is this swine flu contagious?

Yes. This virus is contagious and is spreading from human to human.

How do you catch swine flu?

Spread of swine flu can occur in three ways:

- Through contact with infected pigs.
- Through contact with a person with swine flu. Human-to-human spread of swine flu has been documented also and is thought to occur in the same way as seasonal flu. Flu is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Through touching something with the flu virus on it and then touching their mouth, nose or eyes.

What can I do to prevent myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that can cause respiratory illnesses like flu. Things you can do to prevent the spread of respiratory illnesses include:

- Covering your nose and mouth with a tissue or your shirt sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective. Make sure that it is at least 60% alcohol.
- Try to avoid close contact with sick people.
- If you get sick, you stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread this way.



What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water, or clean with alcohol-based hand cleaner. It is recommended that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds.

Is there something I can use when soap and water are not available?

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if staff or students are sick?

Staff and students that are ill should be urged to stay home and contact their healthcare provider.

How long can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Is there more information available for parents and families?

Yes. The Cumberland and Salem Counties Departments of Health have developed a DVD about flu, Make the Flu, Stop at You. To obtain copies for your staff and students, please call or email Jill Sheppard at (856) 935-7510 ext. 8306 or jsheppard@cshealth.org.