



# SWINE FLU



## What is swine flu?

Swine flu is a respiratory disease, similar to normal human flu, caused by a virus (Influenza A) which infects pigs. There are many different types and the infection is constantly changing.

## How do people become infected?

Swine flu spreads from person to person through coughing and sneezing.

## What will happen if I catch it?

The symptoms of swine flu are similar to the symptoms of the regular seasonal flu and include fever, tiredness, loss of appetite, coughing and sore throat. Some people have also reported vomiting and diarrhoea.

If you think you have swine flu, contact NHS direct on **0845 4647**, your GP or your local Health Protection Unit (HPU).

## Is there any treatment for swine flu?

Swine flu is caused by a virus therefore **CANNOT** be treated with antibiotics. Human swine flu can be treated with an antiviral medicine (Tamiflu).

## What can I do to protect myself?

Good respiratory and hand hygiene can help reduce the spread of all viruses **INCLUDING** the human swine influenza. This includes

- **Covering your mouth and nose when coughing or sneezing (use a tissue when possible).**
- **Throwing away used tissues promptly and carefully.**
- **Maintaining good basic hygiene, for example, washing hands often with soap and water to reduce the spread of the virus from your hands to your face or other people.**
- **Cleaning hard surfaces (e.g. door handles) on a regular basis using a normal cleaning product.**
- **Making sure your family and friends follow this advice.**