

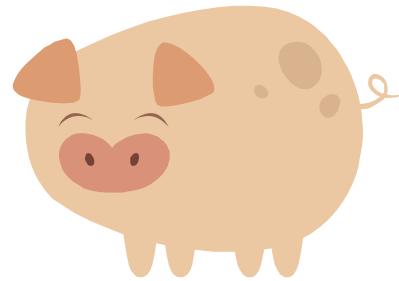
H1N1 (Swine) Flu Myth Busters



Myth One

You can get swine flu by eating pork.

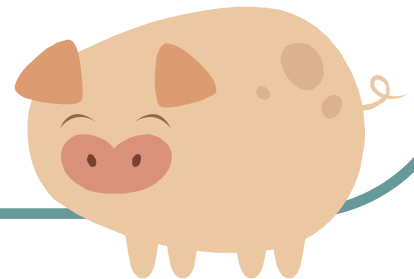
No. Swine influenza viruses are not transmitted by food. You cannot get swine influenza from eating pork or pork products.



Myth Two

You can catch swine flu from a pig.

Not likely unless you are in close proximity to infected pigs, such as in pig barns and livestock exhibits housing pigs at fairs.



Myth Three

People 65 and older are at high risk of infection from H1N1 (Swine) flu.

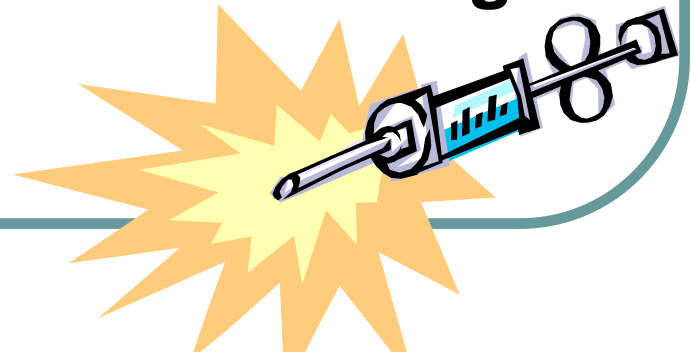
No. Current studies indicate that the risk for infection among persons age 65 or older is less than the risk for younger age groups.



Myth Four

The H1N1 (Swine) flu vaccine is available now.

No. The vaccine for H1N1 (Swine) Flu is not available yet. The vaccine is currently in production and may be ready for the public in the fall. The H1N1 vaccine is not intended to replace the seasonal flu vaccine – it is intended to be used alongside seasonal flu vaccine.



Myth Five

Pregnant women should not get vaccinated.

No. **Pregnant women should get vaccinated** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated.



Myth Six

Women who are nursing cannot take the vaccine or any medicine to treat or prevent H1N1 (Swine) flu.

No. According to CDC, mothers who are breastfeeding can continue to nurse their babies while being treated for the flu.



Myth Seven

Young babies can be vaccinated.

No, babies less than six months old cannot be vaccinated against the flu. That is why it is so important to vaccinate their parents and caregivers.



Myth Eight

If you get H1N1 (Swine) flu, you'll only have to stay home a few days.

That may be true, but CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.

Symptoms of H1N1 (Swine) Flu

- Fever
- Cough
- Sore Throat
- Body Aches
- Headaches
- Chills and Fatigue
- Sometimes Diarrhea and Vomiting



What Can I Do To Protect Myself?

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve.
- Wash your hands often with soap and warm water. Alcohol gel based hand cleaners are also good to use.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Have a plan to care for sick family members.
- Stock up on household, health, and emergency supplies.

What Do I Do If I Get Sick?

- Stay home, limit contact with others
- Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of fever-reducing medicine.)
- If you do have to go out for medical care, wear a facemask, if available and tolerable.
- If you are alone, have someone check in with you often if you are feeling ill.

How Long Will I Be Contagious?

- With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick.
- Children, especially younger children, might potentially be contagious for longer periods.
- People infected with the novel H1N1 (Swine) flu are likely to have similar patterns of infectiousness as with seasonal flu.

Questions?

If you have more questions:

www.cdc.gov/H1N1

www.MyFluSafety.com

Or please call the Pinellas County Health
Department's Information Line

at 727-824-6964

Monday through Friday
from 8:00 AM- 5:00 PM.