



# H1N1 FLU

H1N1 flu is an infection caused by the influenza A virus. It is a respiratory disease of pigs; however, human cases of H1N1 have been identified in the U.S. as well as internationally. The Centers for Disease Control and Prevention (CDC) has determined that H1N1 is contagious and is spreading from human to human.

You cannot get H1N1 flu by eating pork, but as always, cook pork thoroughly to avoid other diseases spread by undercooked meat.

## Steps to Prevent Transmission

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away 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.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Influenza is thought to spread mainly person to person through the coughing or sneezing of infected people.
- If you get sick, the CDC recommends you stay home from work or school, and limit contact with others to keep from infecting them.