

What You Should Know About the H1N1 (Swine Flu) Virus

H1N1 (Swine Flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza.

How Does H1N1 (Swine Flu) Spread?

Influenza viruses can be directly transmitted from pigs to people and from people to pigs. Human-to-human transmission of H1N1 (Swine Flu) can also occur. This is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Follow four simple health habits to help keep you—and others healthy.

1. Wash Your Hands.

Frequent hand washing is the single most important thing you can do to keep from getting sick.

2. Avoid Close Contact.

Avoid people who are sick.

3. Cover Your Cough and Sneeze.

If you don't have a tissue, cough and sneeze into your elbow to keep germs off your hands.

4. Stay Home When You're Sick.

Do not go to work, school, or travel when you're sick. Don't share your germs!

For more tips on preventing the spread of germs, visit www.protectdontinfect.com. To learn more about H1N1 (Swine Flu), go to www.cdc.gov/h1n1flu/.

