

FOR IMMEDIATE RELEASE

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Putnam County's public health and medical communities are fully aware of the developing situation with swine flu.

According to the Centers for Disease Control, swine flu is a respiratory disease caused by a type A Influenza virus that regularly causes outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans; however human infections with the swine flu do occur. Public health officials have determined that this strain of swine flu spreads from human to human and can cause illness.

As of Tuesday, no cases of swine flu were identified in Missouri. If and when swine flu cases are reported here, information will be provided to the public.

Symptoms of the swine flu in people are similar to symptoms of seasonal flu in humans and may include:

- Fever greater than 100 degrees F
- Chills
- Sore throat
- Cough
- Stuffy nose
- Headache and body aches
- Fatigue
- Diarrhea
- Vomiting
- Difficulty breathing or chest pain

Swine flu viruses are not transmitted by food. To avoid the swine flu wash your hands frequently. When you cough or sneeze cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw the used tissue in the trash can. Avoid touching your eyes, nose or mouth. After you cough or sneeze wash your hands with soap and water or use an alcohol-based hand gel. *If you think you are ill stay home* and avoid close contact with others as much as possible.

To learn more about swine flu, please visit the Putnam County Health Department's website at: [www.putnamcohealthdept.org](http://www.putnamcohealthdept.org) or the Center for Disease Control's website at [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/).

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