



**Swine Flu information available at [www.sfdcp.org](http://www.sfdcp.org)  
Public inquiries can call 3-1-1**

The City and County of San Francisco, the State of California Department of Public Health and the Centers for Disease Control and Prevention are all working together to help the public understand swine flu and what all of us can do to protect ourselves and our families. As of Tuesday April 28, 2009, there are no cases of swine flu in San Francisco, and cases seen in the U.S. have very mild symptoms, similar to seasonal flu.

**Facts:**

- The Center for Disease Control in Atlanta has determined that this strain of swine flu is contagious and is spreading from human to human. Spread of this swine flu virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people who are already infected with the influenza virus.
- The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.
- Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick.

**How to Protect Yourself:**

- First and most important: wash your hands or use hand sanitizer that contains at least 60 percent ethyl alcohol.
- There is currently no need to avoid general public gatherings, public transit, school, or to wear masks.
- Avoid close contact with people who are sick. Droplets from a cough or sneeze of an infected person move through the air. Some viruses can live up to 24 hours or longer on surfaces such as cafeteria tables, doorknobs, and desks. Frequent hand washing will help kill swine flu virus.
- If you are sick, stay home unless you are seriously ill and then call your doctor before seeking treatment.

**Do I need to get tested for swine flu or have my children tested?**

There is currently no need for the people to visit a doctor's office, emergency room, or hospital for swine flu testing. Individuals with mild flu symptoms should stay home, drink plenty of fluids, and treat their symptoms with over-the-counter medications. Seek medical care only if someone is experiencing difficulty breathing, has become dehydrated from long periods of vomiting or diarrhea or has a fever over 101 degrees Fahrenheit that does not respond to over the counter fever medications. Individuals who feel they need help should first call their doctor's office.

Excellent public information tools for the general public are widely available, including "How to Care for an Ill Family Member" - currently in English and Spanish and soon in Chinese. These can be found on the Web at: <http://sfdcp.org/swineflu.html>.