

H1N1 VIRUS (SWINE FLU)

OFFICE OF STUDENT SERVICES

TONKAWA 580.628.6240

ENID 580.548.2327

STILLWATER 405.744.2212

WHAT IS SWINE FLU?

According to the Centers for Disease Control and Prevention (CDC), Swine Influenza (H1N1 influenza virus) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond

WHAT SHOULD I DO TO KEEP FROM GETTING THE FLU?

Keeping your hands clean is one of the best ways to keep from contacting and spreading germs and illnesses. Scrubbing with soap and water for 20 seconds removes dirt and most germs. However, using a disinfectant cleaner kills germs, giving even better protection.

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

CAN I GET THE H1N1 VIRUS FROM EATING OR PREPARING PORK?

No. This virus, although commonly referred to as swine flu, is not spread by food; therefore you cannot get it from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Northern Oklahoma College works closely with local and state health officials to monitor and educate students, faculty and staff concerning health-related issues. We are committed to keeping students, faculty and staff safe, healthy and informed. The information provided below is intended to be informative and raise awareness.

WHAT ARE THE SIGNS AND SYMPTOMS OF H1N1 IN PEOPLE?

The symptoms of this particular virus strain are similar to the symptoms of regular human flu and include fever greater than 100 degrees, cough, sore throat, body aches, headache, chills, fatigue, and in some cases diarrhea and vomiting. Please see a physician if you experience any of these symptoms.

IS THE H1N1 VIRUS CONTAGIOUS?

CDC has determined that this particular virus is contagious and is spreading from human to human in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with the flu viruses on it and then touching their mouth or nose.