

Key messages for the public on swine influenza

General information

1. The original route of virus transmission was from pig to human, but the disease is now circulating from human to human.
2. Treatment is effective if taken within the first 48 hours of onset of symptoms.
3. The swine influenza we are facing is a new emerging disease.
4. There is no vaccine against swine influenza at this time.
5. The number of cases is changing on an hourly/daily basis
6. Not every case of influenza is swine influenza.
7. Influenza is a visible disease. Therefore, countries can easily detect an unusual increase of disease.
8. The disease cannot be transmitted through mosquitoes or flies.
9. There is no risk of infection from this virus from consumption of well-cooked pork and pork products.

Things you can do to protect yourself and others

1. Avoid crowded places.
2. Cover your nose and mouth with a tissue when coughing or sneezing.
3. Dispose of tissues in the garbage after use.
4. Avoid hugging, kissing and shaking hands when greeting.
5. Wash your hands regularly with water and soap, especially after sneezing or coughing.
6. Avoid close contact with sick people.
7. Avoid touching eyes, nose or mouth with unwashed hands.
8. If sick with influenza, stay at home from work or school and limit contact with others to keep from infecting them.
9. If you have influenza symptoms after having traveled to an affected area or having been in contact with a person coming back from an affected area, seek medical advice as soon as possible.