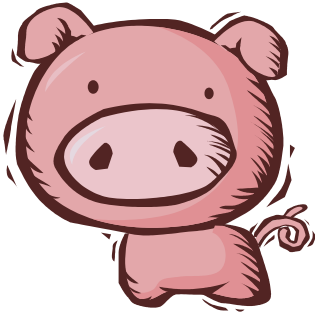


Human 2009 H1N1 North American Influenza (~~Swine Flu~~)

Navajo Nation Veterinary and Livestock Program



“Don’t give pigs, a bad reputation.”

“Pork & pork products are good”

Human 2009 H1N1 North American Influenza

Human 2009 H1N1 North American Influenza is a respiratory disease. Symptoms are similar to human regular seasonal influenza and include fever, lethargy, lack of appetite and coughing. Sometimes people will experience a runny nose, sore throat, vomiting and diarrhea. This is a human disease, not an animal disease. It originated in people. This disease is spread through infected air droplets from sneezing and coughing from people with this influenza. Nasal discharges and mucus contain the viruses.

What is Swine Flu?

Swine influenza (Swine Flu) is a respiratory disease of pigs also caused by a type A influenza that causes occasional outbreaks in pigs. Like all influenza viruses, swine flu viruses change constantly. Over the years, different variations of swine flu viruses have emerged. Various types can be isolated; however the most recently isolated influenza viruses of pigs have been H1N1 family of viruses. Do not confuse the human disease and the pig disease; they are very different diseases with who they infect; whether it is people or pigs.

Is it safe to eat pork and pork products?

Yes. The H1N1 viruses can not be transmitted by food. You can NOT get this virus from eating pork or pork products. Eating properly handled and cooked pork and pork products are safe. Cooking pork to temperatures of 160° kills viruses and other bacteria.

How do I protect myself from getting the Human 2009 H1N1 North American Influenza?

Always wash your hands frequently, avoid touching your eyes, nose and mouth, use hand sanitizer, and cover your mouth and nose when you cough or sneeze into a tissue and discharge the tissues properly. If you do not have a tissue, cough or sneeze into your upper sleeve, NOT into your hands. If you are sick, do NOT go to work or school. Try to avoid close contact with sick people. Seek medical attention if you experience difficulty breathing, pressure in your chest or belly, dizziness, confusion, persistent vomiting. Children with bluish skin color, refusing fluids, irritable - unable to calm, have a fever or rash, can't wake up, inactivity or unresponsive – seek medical attention.

Navajo Nation Veterinary & Livestock Program Clinic

Agency Veterinary Clinics Chinle – (928) 674-2069, Shiprock (928) 368-1007 or Window Rock – (928) 871-6615

Check websites for updated information:

- ✓ <http://www.cdc.gov/flu/swine>
- ✓ http://www.health.state.nm.us/flu/seasonal/swine_flu.html
- ✓ <http://azdhs.gov/phs/oids/epi/flu/swine/index.htm>
- ✓ <http://www.cdc.gov/travel>