**What is Swine Flu?**
Swine Flu is an acute and highly contagious respiratory disease. Caused by a new strain of H1N1, the recent outbreak began in Mexico and has spread to the United States, Canada, and other countries.

**How is swine flu transmitted?**
Like the seasonal flu, the swine flu strain has been shown to be transmitted directly from person-to-person through coughing or sneezing and by touching contaminated items. Swine flu cannot be transmitted through the consumption of pork products.

**Prevention:**
- If you are sick, stay home and avoid contact with other people.
- Cover your nose & mouth with a tissue when you cough or sneeze. Discard the tissue after using.
- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Regularly disinfect communal areas & any shared equipment.
- Consider delaying non-essential travel to Mexico until the risks are better understood.

**What do I do if I have symptoms?**
The symptoms of swine flu in people are similar to the symptoms of seasonal human flu. Below is a list of common symptoms found in people diagnosed with swine flu:
- fever
- cough
- sore throat
- body aches
- headache
- chills and fatigue

Some people have also reported diarrhea and vomiting.

If you have symptoms, stay home and avoid contact with others. Contact your health care provider, who can determine whether influenza testing or treatment is needed.

**How is swine flu treated?**
Swine flu is treated in the same way as seasonal flu – with good hygiene practices and plenty of rest at home, away from work or school. This type of flu may be treated with an antiviral medication if it is started early. However, nobody should take this or any other prescription medication without first talking to their doctor.

**Need more information?**
Ashe Student Health & Wellness Center - [www.studenthealth.ucla.edu](http://www.studenthealth.ucla.edu)
LA County Department of Public Health - [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov)
California Department of Public Health - [www.cdph.ca.gov](http://www.cdph.ca.gov)
Center for Disease Control - [www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine)
World Health Organization - [www.who.int](http://www.who.int)