



METROPOLITAN HUMAN SERVICES DISTRICT

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Information for our Consumers



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Information on the Swine Flu Epidemic

The City of New Orleans Office of Homeland Security and Emergency preparedness has been monitoring the ongoing Swine Flu (H1N1) cases in United States and Mexico. The office also has been in contact with Federal and State partners and is receiving the latest information and guidance from the Center for Disease Control and Prevention (CDC) and the Louisiana Department of Health and Hospitals. Swine flu is a respiratory disease of pigs caused by type A influenza that regularly cause outbreaks of influenza among pigs. Swine flu viruses do not normally infect humans, however, human infections with swine flu do occur, and cases of human-to-human spread of swine flu viruses have been documented.

It is also important to remember that you cannot get Swine Flu from eating properly cooked pork products. The Louisiana Department of Health and Hospitals encourages all Louisiana citizens experiencing flu like symptoms such as fever, body aches, runny nose, sore throat, nausea, or vomiting, or diarrhea, to contact their primary care provider for medical assistance. This strain is treated just as the common flu would be treated.

There is no vaccine available right now to protect against swine flu. On the other hand, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Please 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 (for at least 20 seconds), especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- 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. Avoid touching your eyes, nose or mouth. Germs spread this way.

FOR MORE INFORMATION ON SWINE FLU, VISIT:

<http://www.cdc.gov/swineflu/>

<http://www.flula.com>

<http://www.dhh.louisiana.gov/offices/?ID=145>

Citizens also are encouraged to sign up for the New Orleans Community Alert System NOLA Ready to receive messages via email, cell phone, pager, smart phone or hand held device.

Register for this free service at:

www.NOLAReady.info