

## **From Northwest Bergen Regional Health Commission**

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### **PUBLIC HEALTH UPDATE**

### **SWINE INFLUENZA A**

CDC, Centers for Disease Control, has announced today confirmation of 21 human cases of infection with Swine Influenza A (H1N1) in the United States, none of them in NJ. Case counts are updated daily and are available on the CDC website. CDC goals right now are to reduce transmission and illness severity. Northwest Bergen Regional Health Commission, which is the local health department for your community, is in contact with the State Health Department which is watching for any new cases or indications of an outbreak. There is a national stockpile of antiviral drugs, gloves and masks which will be released as needed.

Flu viruses are spread from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching contaminated surfaces and then touching their eyes, nose or mouth. The symptoms of swine flu are similar to seasonal flu and include fever, lack of appetite, coughing, and fatigue. Some people have also reported having a sore throat nausea, vomiting, and diarrhea. If you are ill with these symptoms and are concerned, please contact your health care provider.

To protect yourself from the Swine Flu, wash your hands frequently, avoid touching your eyes, nose and mouth, and stay 4-6 feet away from people who are coughing or sneezing. To prevent the spread of germs, cough or sneeze into the crook of your elbow or cover your nose and mouth with a tissue. Wash your hands as soon as you throw your tissue away. When you are sick, stay home, and don't go to work or school, or run errands until you have felt well for two days. You cannot get swine flu from eating pork or pork products. There are no special recommendations for those who own a pig or are in contact with them frequently.

This situation is developing rapidly and we will keep you informed as soon as new information becomes available.

For more information visit, [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) or [www.nj.gov/health](http://www.nj.gov/health)

- Updates are also available on the Bergen County Health and Information Line at 201-225-7000. For further information or questions call the NJ Department of Health and Senior Services Call Center at 1-866-321-9571.