

You can call HealthLink BC at **8-1-1** for more info.

The swine flu is also called H1N1. Ten new cases were found today. There have been 39 cases in BC. All 39 people are well now or are getting better. All the cases have been mild.

The BC government is keeping track of all new cases of swine flu in the province. Experts know that this flu can go from person to person. But they don't know yet how easily it spreads. They are studying to learn more about it.

### **How can I help stop the spread of the flu?**

- **Stay home** from work or school if you are sick. Stay away from other people if you can.
- if you get worse , call a doctor or nurse. Tell them you have a fever or cough.
- **Cover your nose and mouth** with a kleenex when you sneeze. Throw the kleenex in the trash after. Cough into your sleeve if you can.
- **Wash your hands often** with soap and water, especially after you cough or sneeze.



### **How many cases of this flu are there in B.C.?**

- BC Centre for Disease Control says 39 people in BC have tested positive for the swine flu.

### **Where did this flu come from?**

This is the same virus that made people sick in the US, Mexico and several other countries. Doctors and nurses in BC are reporting all cases that might be swine flu. They are keeping track of everyone who is sick when they come back from Mexico or the US.

### **How bad is it?**

- World experts say that they expect many more cases of sickness and death from this flu.
- On a scale of 1 to 6, this outbreak is 5. Level 6 is the most serious.

## **What is human swine flu?**

- It is a lot like the flu we see every winter. People with swine flu get fever, cough, headache, aches and feel tired. Some people get runny nose, sore throat, vomit and have diarrhea.

## **How do people get the swine flu?**

- It is a disease that gets in the lungs of pigs and causes the pig to have the flu. People can get the flu when they are close to sick pigs in barns and at fairs
- We can also get it from other people who have swine flu already.
- The flu goes from person to person through nose and mouth. Coughs and sneezes send germs into the air. Then other people breathe in these germs.
- Germs also stay on hard surfaces like door knobs. We can pick germs up on our hands. They go into our bodies when we touch our mouths or noses.

## **Should we wear face masks?**

- The flu virus is spread from person to person when someone coughs or sneezes. If sick people wear masks, it can help protect other people from the flu.
- People who aren't sick don't need to wear masks.
- The best thing to do is cover your nose and mouth with a kleenex when you sneeze.
- Wash your hands often with soap and water.

### **Can I get the flu from eating pork?**

- No. Proper cooking of pork products kills any viruses.
- Pigs that are sick are taken out of the food market.

### **What if I come back from a trip sick with a cough?**

- If you went to any country where swine flu is reported, such as Mexico or the US and are sick with fever or a cough, call your doctor or nurse. Make sure to tell them where you traveled.

### **What about travel to other countries?**

- The government says people should put off travel to Mexico until after the flu is over.
- Travellers should do the same three things to protect themselves from flu:
  - Wash hands often.
  - Cover when they cough or sneeze.
  - Stay home when sick.
- Ask your doctor if you should get a flu shot before you travel. A flu shot can protect you from other kinds of flu. It doesn't protect against swine flu.
- The World Health Organization is keeping track of the flu situation around the world.



### **Where I can find more information?**

You can call **HealthLink BC** at **8-1-1**.

You can call 24 hours a day, seven days a week.

You can find more information on the internet at:

[www.gov.bc.ca/swineflu](http://www.gov.bc.ca/swineflu).



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