



Swine Flu Information

Individuals and parents of school-aged children may be concerned about all the swine flu headlines in the news over the last several days. The Soap and Detergent Association (SDA) and Centers for Disease Control and Prevention (CDC) have information that you can use, and encourage families to stay informed about this current health concern.

What is swine flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.¹

What can you do to stay healthy?

There are everyday actions people can take to stay healthy.

- 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, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
• Avoid touching your eyes, nose or mouth. Germs spread that way.
• Try to avoid close contact with sick people.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.¹

Keep informed by visiting the CDC Swine Flu web site

How many are infected?²

Table with 2 columns: State, # of laboratory confirmed cases. Includes rows for California (7 cases), Kansas (2 cases), New York City (8 cases), Ohio (1 case), Texas (2 cases), and a TOTAL COUNT of 20 cases.

The recent outbreaks of the swine flu underscore the importance of good hand hygiene that SDA has been communicating since 1926. And, according to CDC, handwashing is the single most important thing we can do to keep from getting sick and spreading illness to others.

For practical information about handwashing, visit www.cleaning101.com/handhygiene, where you can download free educational materials including the Hand Hygiene Fact Sheet. Click here to download a copy of the fact sheet or email info@cleaning101.com to request a free copy.

1 Centers for Disease Control and Prevention: Questions & Answers - Swine Influenza and You
http://www.cdc.gov/swineflu/swineflu_you.htm
2 Centers for Disease Control and Prevention: Swine Influenza (Flu)
http://www.cdc.gov/swineflu/?s_cid=swineFlu_outbreak_int_ernal_001