



# TEAMSTERS Safety & Health FACTS

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## Swine Flu

Human cases of swine influenza A (H1N1) virus infection have been identified in the United States and internationally. An investigation and response effort is ongoing.

CDC is working very closely with officials in states where human cases of swine influenza A (H1N1) have been identified.

- What is Swine Flu (swine influenza A; swine flu H1N1)?
  1. Swine flu is a respiratory disease of pigs caused by type A influenza virus.
  2. Influenza viruses can be directly transmitted from pigs to people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- What you can do to stay healthy.
  1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
  3. Avoid touching your eyes, nose or mouth. Germs spread that way.
  4. Try to avoid close contact with sick people.
  5. If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

- The following websites have the latest and most accurate information:
  - Centers for Disease Control and Prevention
    - <http://www.cdc.gov/swineflu/>
  - United States Department of Health and Human Services
    - <http://www.hhs.gov/>
  - World Health Organization
    - <http://www.who.int/csr/disease/swineflu/en/index.html>
  - International Brotherhood of Teamsters
    - <http://www.teamster.org>