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## Influenza A (H1N1) Swine Flu Talking Points 4.29.09

- Two probable cases of Influenza A (H1N1) have been reported in Iowa.
  - An adult California resident who came to Iowa late last week and traveled through Scott and Clinton Counties.
  - A southeast Iowa adult female became ill last week after returning from Mexico. She traveled through Johnson, Des Moines and Muscatine counties.
  - Laboratory confirmation of both cases is expected from CDC tomorrow.
- Both cases had exposure outside Iowa in areas where swine flu is occurring.
- Influenza A (H1N1) is spread through contact between people.
- The virus is spread when someone who has the virus coughs or sneezes on someone else. You can also pick it up by touching an object, such as a door knob, after an individual who has the virus has touched it.
- You do not get swine flu from eating pork products or being around pigs.
- Now that Influenza A (H1N1) is in Iowa, it's even more important to take action.
- Here's what Iowans can do to protect themselves and loved ones today:
  - Wash hands frequently. Always wash hands after coughing or sneezing. Use alcohol based hand gels when hand washing is not possible.
  - Cough or sneeze into a tissue, or your sleeve or elbow.
  - If you feel ill, even if you think you could 'tough it out' at work, **STAY HOME!**
  - Don't send your children to school if they feel ill.
  - You should call your health care provider and arrange to be seen and tested in a way that will not endanger the health of others if you have:
    - Temperature over 100 F
    - Coughing
    - Sore throat
    - Extreme tiredness
- A Swine Influenza Hotline has been established for the public to answer questions about the illness: 1-800-447-1985.
- More info at [www.idph.state.ia.us](http://www.idph.state.ia.us)