



## **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)**