

## Southeast Health District

"Keeping Communities Safe and Healthy"

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[www.SEHDph.org](http://www.SEHDph.org)



## NEWS RELEASE

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FOR IMMEDIATE RELEASE

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# No swine flu in Southeast Health District

Human cases of swine flu infection have been identified in the United States. However, as of today, there are no known cases of swine flu in Georgia, according to state public health officials.

Swine flu is a respiratory disease of pigs that does not normally infect humans; however, human infections with swine flu do occur. This current strain of swine flu has begun to spread from human to human, causing illness. The symptoms of swine flu in people are often similar to regular seasonal flu and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea. If you have any of these symptoms, please contact your local health care provider. Swine flu viruses are not transmitted by food and you cannot get swine flu from eating pork products.

An investigation and response effort surrounding the outbreak of swine flu in the US is ongoing. CDC is working very closely with officials in states where human cases of swine flu have been identified, as well as with health officials in Mexico, Canada and the World Health Organization.

The Georgia Division of Public Health has also stepped up its surveillance across the state.

While there have been no reported cases in Georgia at this time, the Southeast Health District encourages residents to take the following precautions to help prevent the spread of any infectious disease:

-more-

Appling  
Atkinson  
Bacon  
Brantley

Bulloch  
Candler  
Charlton  
Clinch

Coffee  
Evans  
Jeff Davis  
Pierce

Tattnall  
Toombs  
Ware  
Wayne

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- Wash your hands.
- 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 hands cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to stay in good general health.
- Get plenty of sleep.
- Be physically active.
- Manage your stress.
- Drink plenty of fluids and eat nutritious food.

This is a rapidly evolving situation and guidance should be considered interim and updated as necessary. The Southeast Health District will provide new information as it becomes available. For the most current information about swine flu visit the Southeast Health District website at [www.sehdph.org](http://www.sehdph.org) or the CDC website at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).

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