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**The following is information regarding the swine flu and what you can do to protect yourself:**

**The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever of 100 degrees or higher, cough, sore throat, and fatigue, possibly along with diarrhea and vomiting. If you are experiencing these symptoms, please call your health care provider and discuss whether you need to be seen in their office, or the emergency room, or if you should stay at home.**

**Swine influenza viruses are not transmitted by food and a person cannot get swine influenza from eating pork products. The infections appear to spread from person to person. If taken early, drugs called antivirals can reduce the consequences of contracting the flu.**

**As always, people with respiratory illness should stay home from work or school to avoid spreading infections, including influenza, to others in the community. Avoid close contact with people who are coughing or otherwise appear ill. Avoid touching your eyes, nose and mouth. Wash your hands frequently to lessen the spread of respiratory illness.**

**This has been a message from the Osceola County Health Department.**