

New Providence Health Department Monitoring Swine Flu

New Providence Health Department is closely monitoring the outbreak of swine flu that has affected several U.S. States. As of April 28, 2009, there are five probable cases of swine flu in New Jersey. The New Providence Health Department is urging healthcare providers, schools and others to watch for cases of swine influenza and report them immediately to us.

While transmission of swine flu is occurring in the United States, most U.S. cases are from Mexico. While cases in Mexico have been severe, cases in the United States have been similar to seasonal influenza with mild symptoms and easy recovery.

The CDC has determined that this virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people. The symptoms of swine flu are similar to seasonal flu and include fever, lack of appetite, coughing and fatigue. Some people have also reported having a sore throat, nausea, vomiting and diarrhea.

Residents can take the following actions to protect themselves from the respiratory illness and avoid spreading it to others:

- Cover coughs and sneezes with tissues and dispose of the tissue properly.
- Frequently wash your hands thoroughly with soap and water.
- Try to avoid close contact with sick people.
- Stay home if you are sick.
- Contact your family physician if you feel ill. That's particularly important for anyone who recently visited Mexico and has flu-like symptoms.

For more information contact the New Providence Health Department or visit the following websites:

- www.cdc.gov/swineflu
- www.ucnj.org/lincs
- www.nj.gov/health