

H1N1 (Swine Flu) Facts

The San Bernardino Community College District is committed to providing a safe and healthy working environment. In an effort to provide up to date and accurate information about the current H1N1 (Swine Flu) virus, we will be sending periodic updates. Below is the most current information regarding the H1N1 (Swine Flu) virus.

What is it?

It is a respiratory disease of pigs caused by type A influenza virus. People do not normally get swine flu, but human infections can and do happen. Currently we are experiencing human to human transmission in various areas of the state. In most cases the disease is mild to moderate and usually people recover fully within 7-10 days.

How is it spread?

It is thought to occur in the same way as seasonal flu occurs in people, which is mainly person-to-person transmission through coughing or sneezing of people infected with the influenza virus. People may also become infected by touching something with flu viruses on it and then touching their mouth or nose. People can spread the virus even before they show symptoms.

What are the signs/symptoms of the H1N1 virus?

- Fever, greater than 100° F
- Chills and fatigue
- Headache and/or body aches
- Cough and/or sore throat
- Occasionally, Nausea and/or Vomiting



If you are sick:

- Drink plenty of fluids and get adequate rest.
- Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Contact your Health Care Provider, if you experience difficulty breathing, chest pain or any other life threatening event.

Steps you can take to protect yourself, your family and co-workers:

- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands often will help protect you from germs especially after you cough and sneeze. Alcohol based hand cleaners are also effective, if soap and water is not available.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Practice good health habits by getting adequate sleep, eating right, and reducing your stress level.