



# COLLIN COUNTY

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FOR IMMEDIATE RELEASE

April 27, 2009

## HEALTH ADVISORY: Swine Influenza (Swine Flu)

Collin County Health Care Services (CCHCS) is working closely with the Texas Department of State Health Services (DSHS) to provide guidance for the public and health providers in light of the recent concern surrounding Swine Influenza.

Swine flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. Humans do not normally get swine flu but human infections can and do happen. Persons infected with swine influenza A (H1N1) may experience symptoms similar to regular human flu such as, fever, cough, sore throat, body aches, headache, chills and fatigue.

As with seasonal flu, those who may be ill should contact their health care provider for diagnosis and treatment. Ill persons should limit their contact with others to avoid spreading the infection. This is especially important for households with small children and those with weakened immune systems.

To protect against becoming sick, take the following steps:

- Cover your cough!—Make sure to cough or sneeze into a tissue or sleeve to prevent the spread of germs
- Wash your hands!—Thorough hand washing with soap and water is the best way to get rid of germs; Alcohol based hand sanitizers are also recommended when soap and water are not available
- Keep hands off!—Germs are easily spread from person to person or person to surfaces when you touch your eyes nose or mouth first
- Sick? Stay home!—Staying home from school or work when you are ill helps prevent the spread of illness

Even though a small number of cases have been confirmed for Texas, **none have been identified in Collin County at this time.** Epidemiology, Health Department, and Homeland Security staff are working to provide updates and guidelines for health care providers, school administrators, and first responders.

For more information, please see the following resources:

- CDC general information on swine flu, 'Things You Can Do', and Human Swine Flu Investigation updates—[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)
- Texas Department of State Health Services (DSHS) swine flu news releases, Information for Professionals—[www.dshs.state.tx.us/swineflu](http://www.dshs.state.tx.us/swineflu)