

Public Service Announcement Flu Outbreak

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There is a flu outbreak of swine origin. Cases have been reported in the U.S. as well as internationally.

What are the flu symptoms?

The symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. It might include diarrhea and vomiting.

What can I do to protect myself from getting sick?

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water.
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.

Can I get influenza from eating or preparing pork?

No. Influenza viruses are not spread by food. Eating properly handled and cooked pork products is safe.

The source of this information is from the **Center for Disease Control and Prevention**. For additional information visit www.cdc.gov or www.alianzas.us