

## 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](http://www.cdc.gov) or [www.alianzas.us](http://www.alianzas.us)