

**For more information:**

**Oregon Public Health Hotline**  
1-800-978-3040, toll-free  
503-872-6900, Portland-metro

**Oregon Public Health Division**  
[www.oregon.gov/DHS/ph/acd/  
swineflu\\_investigation.shtml](http://www.oregon.gov/DHS/ph/acd/swineflu_investigation.shtml)

**Centers for Disease Control  
& Prevention, toll-free:**  
1-800-CDC-INFO (232-4636)  
1-888-232-6348 TTY  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)  
Web address:  
[www.cdc.gov/swineflu/  
investigation.htm](http://www.cdc.gov/swineflu/<br/>investigation.htm)

**World Health Organization**  
[www.who.int/csr/disease/  
swineflu/en/index.html](http://www.who.int/csr/disease/<br/>swineflu/en/index.html)

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**Introduction**

- Human cases of swine flu were recently confirmed in the United States in several states. An outbreak of illness presumed to be swine flu is currently underway in Central Mexico.
- Currently, there are no known cases in Oregon, hospitals haven't reported an increase in serious respiratory illness, and seasonal influenza cases are declining.
- Public health agencies at the local, state, national and international levels are carefully monitoring this situation and have increased surveillance efforts for human cases of swine flu.
- While it is important for public health to learn as much as possible about these cases, the cases identified so far in the United States haven't been more serious than typical influenza.

**Risks**

- Like other influenza illness, this strain of flu spreads from person to person through coughing or sneezing of people who are sick.
- Infections with any type of flu can be severe. Most cases in the United States have been mild, and all have recovered fully.
- You cannot get swine flu from eating pork or pork products. Eating properly handled and cooked pork products is safe.

**Symptoms**

- The symptoms of swine flu are similar to the symptoms of regular flu.
- Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.
- Anyone with severe respiratory illness who visits his or her health care provider should mention any recent travel to areas where there are known cases of swine flu, or contact with swine. Your health care provider will decide on the best course of treatment and action.

**Prevention**

- There are everyday actions that can help prevent the spread

**Local health departments**

Baker .....	541-523-8211
Benton .....	541-766-6835
Clackamas .....	503-655-8430
Clatsop .....	503-325-8500
Columbia .....	503-397-4651
Coos.....	541-756-2020
.....	.....ext. 510
Crook.....	541-447-5165
Curry.....	541-247-3300
Deschutes.....	541-322-7400
Douglas.....	800-234-0985
Gilliam.....	541-384-2061
Grant .....	541-575-0429
Harney .....	541-573-2271
Hood River .....	541-386-1115
Jackson.....	541-774-8209
Jefferson .....	541-475-4456
Josephine .....	541-474-5325
Klamath.....	541-882-8846
Lake .....	541-947-6045
Lane.....	541-682-4041
Lincoln.....	541-265-4112
Linn.....	541-967-3888
Malheur.....	541-889-7279
Marion .....	503-584-4870
Morrow.....	541-676-5421
Multnomah.....	503-988-3674
Polk.....	503-623-8175
Sherman .....	541-506-2600
Tillamook.....	503-842-3900
Umatilla.....	541-278-5432
Union .....	541-962-8801
Wallowa.....	541-426-4848
Wasco.....	541-506-2600
Washington .....	503-846-3594
Wheeler.....	541-763-2725
Yamhill.....	503-434-7525

of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- o Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- o Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- o Try to avoid close contact with sick people.
- o Always stay home from work or school when you're sick, and limit contact with others to keep them from getting sick.
- o Avoid touching your eyes, nose or mouth.
- There is no vaccine available right now to protect against this new strain of influenza.