

How do I avoid getting or spreading the H1N1 flu virus?



Wash your hands  
Cover your cough  
Stay home when ill

The Minnesota Department of Health, together with other state health officials, closely monitor the H1N1 novel influenza situation in Minnesota.

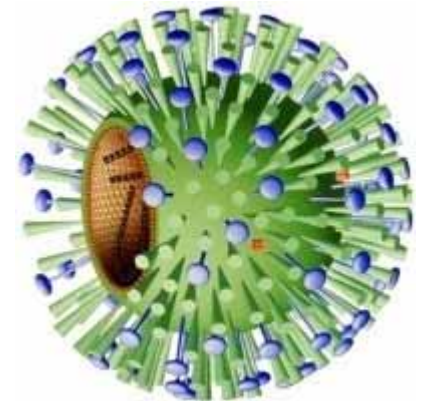
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“H1N1 cannot be transmitted by eating pork; it is not a food safety issue.”  
*U.S. Dept. of Health and Human Services*

“This is not a foodborne illness. The American food supply is safe, and pork and pork products are safe.”  
*U.S. Secretary of Agriculture Tom Vilsack*

“There simply is no reason for anyone to be concerned about the safety of eating pork.”  
*CEO National Pork Board Chris Novak*

# H1N1 Flu Virus



Minnesota Pork Board  
[www.mnpork.com](http://www.mnpork.com)

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● Q. *Can I get the flu from eating pork?*

● A. NO. The novel H1N1 flu virus is NOT transmitted by food. You can not get H1N1 from eating pork or pork products, or from handling raw pork.

Q. *Did anyone from the United States who had novel H1N1 flu virus have contact with pigs?*

A. NO. There is no evidence that people who had the H1N1 flu virus had any contact with pigs.

Q. *Can people make pigs sick?*

A. Yes, it is possible for humans to transmit some influenza viruses to pigs, but this is not new and it has occurred for decades.

Q. *Can you get novel H1N1 flu from being around or touching swine?*

A. The novel H1N1 flu virus is spread from person-to-person. Swine do NOT play a role in transmitting the novel H1N1 flu virus to people.



Q. *Why is novel H1N1 flu virus sometimes called “swine flu?”*

A. This virus was originally referred to as “swine flu” because laboratory testing showed that some of the genes in this new virus were similar to influenza viruses that have occurred in North American pigs. Further study, however, has shown that this new virus is genetically different from what normally circulates in North American pigs.

Q. *Do pigs ever get sick?*

A. Yes. Pigs can get sick and there are strains of flu viruses that can cause illness in pigs. The influenza strains that can make pigs sick have been around for decades. Farmers work hard to keep their pigs healthy. If pigs do become ill, farmers will treat the sick animals, and if necessary, they will call a veterinarian.

Pork is safe  
to eat and  
to handle.



Q. *Why do farmers keep their pigs in enclosed barns?*

A. The enclosed barns are designed to keep disease out and pigs comfortable. Disease that can make pigs sick can be carried by birds and rodents, or transported by people and vehicles.

Q. *What can people do to avoid getting or transmitting the novel H1N1 flu virus?*

A. The primary ways to reduce the spread of germs that may cause respiratory illnesses such as influenza include:

- washing your hands
- covering your cough
- staying home if you have a cough, sore throat and fever
- Remaining home until your temperature returns to normal.

