

Dear Butler Community,

Butler University Health Services is closely monitoring the Indiana State Department of Health (ISDH) and Centers for Disease Control and Prevention (CDC) sites regarding the Swine Flu Outbreak in Mexico and the United States.

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained.

The CDC has determined that this swine influenza A is contagious and is spreading from human to human. However, at this time it is not known how easily the virus spreads between people.

The State Department of Health is advising people to stay calm and practice normal precautions to avoid influenza and other respiratory diseases. Precautionary measures include:

- Cover your nose and mouth with a tissue when you cough and sneeze. Throw the tissue in the trash after you use it.
- Cough and sneeze into your sleeve rather than your hand if you do not have a tissue.
- Wash your hands with soap and water, especially after you cough and sneeze. Alcohol-based hands cleaners are also effective.
- Wipe down surface areas with disinfectant on regular basis.
- If you are sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

State health officials and CDC note swine influenza viruses are *not* transmitted by food. You cannot get swine influenza from eating pork or pork products. Cooking pork to an internal temperature of 160 degrees F kills the swine flu virus as it does other bacteria and viruses.

As we hear more about Swine Flu as it relates to universities and institutions, we will keep the campus community informed.

Vicky Rosa, RN MHA  
Director, Health Services