

Beginning in late March and early April, human cases of swine influenza A (H1N1) virus infection were identified in the United States and internationally. On Monday, April 27, 2009, the US Department of Health and Human Services issued a [national public health emergency declaration](#). In response, the Pennsylvania Department of Health has implemented its Pandemic Preparedness Plan.

Information on Department of Health activities, recommendations for health care professionals and the general public, and updates on the swine flu are available on the Department of Health's [website](#).  
(<http://www.dsf.health.state.pa.us/health/cwp/view.asp?q=252990>)

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. The Department of Health website contains these recommendations for preventing the flu – “The most important tip is to wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Avoid touching surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.”

Information is also available from the [Centers for Disease Control](#).