



## Consumer Federation of America

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### **CFA Urges Basic Precautions Against H1N1 Flu**

Consumer Federation of America today urged consumers to take basic health precautions in the face of the new influenza A (H1N1) virus that has been detected in multiple countries around the world, including the United States.

Public health experts believe that the influenza A (H1N1) virus is spread mainly from person to person. Taking basic health precautions should help limit a person's exposure to the virus. Consumers should regularly wash their hands thoroughly with soap and water; avoid contact with persons who may be sick; and avoid work or school and seek medical attention if they develop any flu-like symptoms.

Public health experts have determined that there is no connection between the influenza A (H1N1) virus and consuming pork products. There is no reason to believe that a person could contract this virus by eating pork or pork products. Consumers should know that properly handled and cooked pork products are safe to eat.

As always, consumers should follow safe food handling steps when preparing pork products, including separating raw meat from other foods; thoroughly washing hands, cutting boards and utensils; and keeping foods properly refrigerated. Consumers should cook pork products to an internal temperature of 160 degrees Fahrenheit as indicated by a food thermometer.

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Consumer Federation of America is a non-profit association of over 300 organizations, with a combined membership of over 50 million Americans. CFA's Food Policy Institute was created in 1999 and engages in research, education and advocacy on food and agricultural policy, agricultural biotechnology, food safety and nutrition.