

# Swine Flu Concerns and Cautions



Reported by: [Lynn Stuart](#)

Email: [newstips@sandiego6.com](mailto:newstips@sandiego6.com)

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As the number of documented cases of the swine flu continues to grow, many are concerned about coming in contact with the virus in their everyday lives.

"Germs are definitely always on my mind," says a Mission Valley mom.

There are dozens of things we each touch everyday that are suddenly suspect for harboring the virus.

According to the Center for Disease Control, the virus can live for two hours or longer on surfaces like ATM's and shopping carts.

"The bottom line is handwashing," says Emmanuel Rudatsikira of SDSU's Global Emergency Preparedness Program.

When you wash your hands it should be for 15 to 20 seconds using soap and warm water.

"When I get in my car, I use my hand sanitizer to get clean," says one mom.

Wipes are effective and so are hand sanitizers if alcohol is the active ingredient.

The problem right now is that many stores are completely sold out of the sanitizers.

Rudatsikira says being armed with information is the best defense against the flu.

"Worry adds to the confusion of things so we shouldn't worry. We shouldn't panic. We should be prepared," he advises.

## Panic in Tijuana

The swine flu epidemic is raising concerns for our neighbors in Tijuana.

A National Olympiad hosting 13,000 athletes and a Men's Under-17 Soccer Tournament have been canceled.

Swine flu panic is visible in Tijuana. Children are locked out of elementary schools.

A note left in front of one the schools states that classes are out till May 6th. It's the government mandate for all schools.

University student Maria Lopez told San Diego 6 News, "I feel very afraid. I am scared right now. I don't want to get sick."



[Slideshow](#)

Mexican citizens don masks for protection from swine flu outbreak.

Lopez just learned about her school's shutdown. She said, "It's good because they don't have, like, the cure. It is safe."

More than 150 people have died in Mexico due to a flu related sickness. That's why on the streets of Tijuana masks are seen everywhere. Young and old have them on.

Mexican customs inspectors take no chances either.

Sergio Sandoval a Tijuana resident was asked if he's noticed a panic. He said, "Yeah, yeah."

Sandoval says life has definitely changed here. He explains, "The custom is shaking hands and giving a kiss on the cheek. I am not going to do that anymore."

The U.S. And European Union have asked people not to travel to Mexico.

We found Anna Mryc from Poland in Tijuana.

"We are a little afraid of traveling here, but we decided to go," Mryc told us.

All can only hope life returns to normal soon.