

# SWINE FLU

## KEY POINTS

- ✓ WASH YOUR HANDS OFTEN & WELL
- ✓ GET PLENTY OF REST AND DRINK LOTS OF FLUIDS
- ✓ USE TISSUES WHEN YOU COUGH OR SNEEZE
- ✓ AVOID TOUCHING YOUR EYES OR MOUTH. GERMS SPREAD THIS WAY
- ✓ CONSULT A DOCTOR IF YOU HAVE ANY OF THE CDC WARNING SIGNS



There have been confirmed cases of swine flu in California and the Bay Area. It is important for everyone to take preventive action to help minimize the spread of this flu. The swine flu is mainly spread from person to person by the coughs or sneezes of persons with the flu. Sometimes people can get the flu by touching something with flu viruses on it and then touching their mouth or nose. People do not get swine flu from eating pork products

**The symptoms of swine flu** are similar to the symptoms of regular flu. These are fever, cough, sore throat, body aches, headache, chills and fatigue. Some people also report diarrhea and vomiting. Good and frequent hand washing is one of the most important preventive actions that can be taken to help prevent the spread of the swine flu and other illnesses. Antiviral prescription medication can make the illness milder and may prevent serious complications especially for those with chronic respiratory conditions. The current flu shot will not protect against the swine flu.

## PREVENTION TIPS:

1. Wash your hands frequently using soap and warm water. Help those who need assistance to do the same. Using an anti-bacterial hand sanitizer when you can't wash your hands is good but hand washing is best.
2. Cover your mouth or nose when you cough or sneeze to protect others. Have tissues handy and be sure to throw used tissues in the waste basket.
3. Eat balanced meals and drink lots of fluids.
4. Get plenty of rest and stay home from work or school if you are sick.
5. If you or those you provide care have flu-like symptoms, contact your primary health care physician. This is especially important for those with chronic health conditions.
6. The Center for Disease Control (CDC) recommends seeking emergency medical care for people with any of the following warning signs:  
**Children:** Fast or trouble breathing, bluish skin color, dehydration, lethargy, irritable behavior, relapse of flu symptoms, fever with rash.  
**Adults:** Difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting