

H1N1 FLU (SWINE FLU)



People with the following symptoms should seek medical help immediately:

- Flu-like symptoms in a person who has recently traveled to an area where swine flu is known to be present
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Human Swine Flu is a new strain of influenza that can now be easily transmitted from person to person. The symptoms are similar to seasonal influenza: fever, cough, sore throat, body aches, headaches, runny nose, chills, and lethargy. Some people have also reported diarrhea and vomiting as well.

WHAT CAN YOU DO TO STAY HEALTHY?

- Wash your hands regularly with warm water and soap. Alcohol-based hand sanitizers are also effective.
- Cover your mouth and nose when you cough or sneeze by using a tissue, or the inside of your elbow.
- Dispose of tissues immediately after use.
- Avoid touching your eyes, nose, and mouth.
- Practice other good health habits including getting plenty of rest.
- Avoid close contact with people who are sick.