

What are the Signs and Symptoms of Swine Flu

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.

Some people have reported diarrhea and vomiting associated with swine flu.

In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

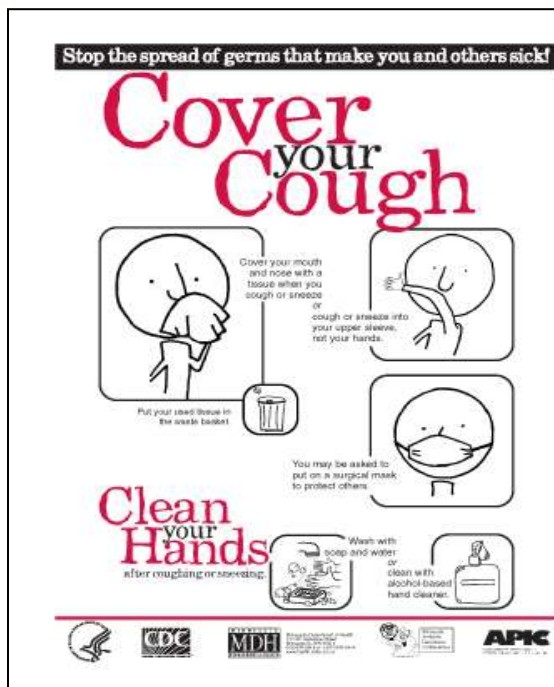
What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- ✓ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ✓ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- ✓ Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- ✓ If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.



What To Do If You Are Sick

If you have recently traveled to areas currently reporting swine flu cases, or have been in direct contact with someone who has, and believe you are becoming ill with influenza-like symptoms, contact a local healthcare provider.