

SWINE FLU AWARENESS

What You Can Do To Stay Healthy

Actions you should take to stay healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand 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 by infected people.

Symptoms of Swine Flu:

Fever (usually high)

Headache

Extreme tiredness

Dry cough

Sore throat

Runny or stuffy nose

Muscle aches

If you get sick, the Centers for Disease Control and Prevention recommends that you stay home from work or school; and limit contact with others. This will help reduce infection.

Local Information Hotline

(806) 351-7220