



A GUIDE TO SWINE FLU

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, we recommend that you stay home from work or school and limit contact with others to keep from infecting them.

Emergency Warning Signs

Seek emergency medical care if you become ill and experience any of the following warning signs:

- Difficulty breathing or shortness of breath
- Bluish skin color
- Not waking up or not interacting
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash
- Pain or pressure in the chest of abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting