



## Swine Flu Awareness

The spread of the swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person when people with influenza cough or sneeze. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. It is critical that people wash and sanitize their hands with an alcohol-based hand rub to help minimize the spread of germs.

### How can you minimize the spread of germs

If you are sick, the Centers for Disease Control and Prevention (CDC) recommend that you limit your contact with other people as much as possible. Do not go to work, school or other public places. In addition the CDC recommends:

- 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 hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth. That is how germs spread.



### What are the symptoms of this virus?

*Symptoms include fever, cough and runny nose, body aches, nausea, vomiting or diarrhea.*

### What are the emergency warning signs for CHILDREN?



Emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

### What are the emergency warning signs for ADULTS?

Emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



### What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and you become ill with influenza-like symptoms, contact your primary health care physician.

Try to avoid going to the Emergency Room unless you are critically ill. Your health care provider will determine whether influenza testing or treatment is needed.