

# 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) 351-2570**