

# What you should know about Swine Flu



With the enormous volume of news coverage about swine flu, it is easy to feel worried. The good news is the flu treatable and may be preventable.

## **What are the signs and symptoms of swine flu?**

The symptoms are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

## **How serious is swine flu?**

Like seasonal flu, swine flu can vary in severity from mild to severe.

## **How do you catch swine flu?**

Swine flu is thought to spread mainly person-to-person through coughing or sneezing.

## **Are there medicines to treat swine flu?**

Yes. If you get sick, antiviral drugs can make your illness milder. They may also prevent serious flu complications. Antiviral drugs work best if started soon after getting sick (within 2 days of symptoms), so it is best to see your doctor as soon as you believe you might have the flu.

## **Protect your health**

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.

If you get sick with the flu, stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.