

WHAT YOU CAN DO

Swine Flu (H1N1)

The swine flu is an influenza virus that causes fever, cough, sore throat, body aches, chills, and tiredness. Some people may have a runny nose, loss of appetite, nausea, vomiting and diarrhea.



Wash your hands with soap and water regularly.



Cover your nose and mouth with a tissue when you cough or sneeze.



Do not go to work or school.

Here is what you can do to stay healthy:

- Wash your hands with soap and water regularly such as:
 - before and after you eat your meals.
 - after you go to the bathroom.
 - after you have been in a public place.
- Use anti-bacterial hand cleaners if you are not able to wash your hands with water.
- Try not to touch your eyes, nose or mouth.
- Stay away from people who are sick.

Flu germs spread through the air. Here is what you can do to stop the spread of germs:

- 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 after you cough or sneeze.
- If you get sick:
 - stay home from work or school.
 - try not to have contact with other people.

If you think you have the flu:

- Call or go see your doctor right away.
- Do not go to work or school.