

# SWINE FLU UPDATE

## **Am I sick?**

### **Symptoms include:**

Fever of more than 100 degrees, lethargy, lack of appetite, coughing. Some people have reported runny nose, sore throat, nausea, vomiting and diarrhea.

## **If I am sick, then what?**

Stay home and call your doctor. This is critical to stopping the spread of swine flu and all other types of flu.

The CDC recommends that people with flu remain home until at least 24 hours after they are fever-free without the help of fever-reducing medicines.

## **How to stay healthy?**

- Stay informed.
- Cover your cough by using your sleeve. You might also cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Don't shake hands.
- Avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

**Sources:** Centers for Disease Control and Prevention, Columbus Public Health, Ohio Department of Health.