

7 WAYS YOU CAN HELP PREVENT SPREADING THE SWINE FLU

- 1 Maintain a healthy lifestyle through rest, diet, and exercise.
- 2 Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
- 3 Avoid touching your nose, mouth, and eyes. Germs spread this way.
- 4 Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles. The virus can last up to 30 minutes suspended in the air.
- 5 Keep frequently touched common surfaces clean, such as telephones, computer keyboards, door knobs, etc. The virus can last up to 8 hours on surfaces.
- 6 Do not use other phones, desks, offices, or other work tools and equipment. If you need to use someone else's phone, desk, or other equipment, clean it with a disinfectant wipe first.
- 7 Don't spread the flu! If you are sick with flu-like illness, stay home until at least 24 hours after you are free of fever without the use of fever-reducing medicines.



SYMPTOMS OF THE SWINE FLU

- Fever (100° F or 38° C)
- Chills and cough
- Sore throat
- Can also include:
 - Runny nose
 - Body aches
 - Headache
 - Tiredness
 - Diarrhea
 - Vomiting



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