

Preventing Swine Flu: Good Health Habits Can Help Stop Germs

What can I do to protect myself from getting sick?

Although there is no vaccine available to protect against swine flu, there are steps you can take to help prevent the spread of germs that cause respiratory illnesses like the flu:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Cover your nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth.
- 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.
- Practice other, good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids and eat nutritious food.

Washing your hands often may help protect you from germs.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu. They include fever, cough, sore throat, lack of appetite, body aches, headache, chills and fatigue. Some people with swine flu also have reported runny nose, nausea, diarrhea and vomiting.

What should I do if I get sick?

If you become ill with flu-like symptoms, including fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, contact your health care provider. He or she will determine whether influenza testing or treatment is needed.

For the latest information about swine flu or any travel advisories, visit the website of the Centers for Disease Control and Prevention (CDC) at www.cdc.gov.

Source: Centers for Disease Control and Prevention

