

Influenza A (Swine Flu) Facts

It may seem too simple, but it's true...these few steps can keep you from getting the (swine) flu:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose, or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Because flu viruses are spread mainly through the coughing or sneezing of people with influenza, these steps help to keep the viruses from infecting you. Sometimes people may become infected by touching something with flu viruses on it, and then touching their mouth or nose.

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means you could pass the flu on to someone else before you know you are sick, in addition to when you are sick.

Symptoms of swine flu are similar to the symptoms of regular flu:

- Fever
- Headache
- Cough
- Chills
- Fatigue
- Sore throat
- Body aches

Some people have reported diarrhea and vomiting associated with the swine flu.

For more information about swine flu, visit www.BoulderCountyHealth.org, or call the Colorado HELP Line at 1.877.462.2911.

