

## How to Avoid the Swine Flu

Here are some very simple things that you can do to protect yourself from the Swine Flu.

- Wash your hands often and carry sanitizer to use in cases where you cannot find a sink.
- Do not share your food or drink containers with anyone.
- Be alert to the things you come into contact with everyday which are the common means of infection including doorknobs, telephones, pens and simple handshakes.
- Try to avoid travel to areas that have confirmed cases of infection.
- At the onset of any early symptoms, act quickly to see a doctor but, stay out of public areas as much as possible.
- Monitor for symptoms closely and go straight to the hospital if you experience severe symptoms such as difficulty breathing.

Symptoms of this new flu strain of virus begin as usual flu like symptoms, including sore throat, coughing, respiratory congestion, a fever above 100 degrees Fahrenheit, and in some cases diarrhea and vomiting.

### **How the disease spreads:**

The disease is spread from person to person by oro-nasal secretions and tears.

Alcohol based cleansers, such as hand sanitizers do not kill viruses quickly but are effective in reducing the transmission of the virus.

**A person with a mild case of this flu-like virus may feel well enough to return to school in three days. However, an infected person remains contagious for seven days. This means that the person remains contagious and can infect anyone with whom they come in contact with.**