

SWINE FLU INFORMATION

According to the Center for Disease Control, the symptoms of Swine Flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with Swine Flu. The City of Dallas is working closely with Dallas County Health and Human Services and the Texas Department of State Health Services concerning the outbreak of Swine Flu.

What You Can Do To Help Stay Healthy-

- 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 are also effective.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.
- The CDC has also asked if you are sick with flu-like symptoms not to travel by plane or bus.
- If you are experiencing flu-like symptoms, it is recommended that you visit your healthcare provider for treatment and testing.

For the latest information about Swine Flu cases and for additional prevention steps, check the following links:

Dallas County Health and Human Services websites:

<http://www.dallascounty.org/department/hhservices/SeasonalInfluenza.html>

Texas Department of Health Services website:

<http://www.dshs.state.tx.us/swineflu/default.shtm>

Centers for Disease Control website: <http://www.cdc.gov/swineflu/>

Spanish: <http://www.cdc.gov/swineflu/espanol/>

Federal Pandemic Flu site:

<http://www.pandemicflu.gov/plan/individual/index.html>

World Health Organization website:

<http://www.who.int/csr/disease/swineflu/en/index.html>

Spanish Language Site:

http://www.iaem.es/index.php?option=com_content&task=view&id=616&Itemid=208