

# Swine Flu Precautions

Symptoms of swine flu in people are similar to those of regular or seasonal flu and include fever, fatigue, lack of appetite and coughing. Some with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Health officials say everyone should follow standard precautions to reduce the spread of any respiratory illness.



## Practice healthy habits to stop the spread of germs

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into the crook of your elbow, not your hands.
- Wash your hands after coughing or sneezing, using soap and water or an alcohol-based hand gel.

## Seek medical care if you feel sick

- If you become sick with a fever plus a cough and sore throat or have trouble breathing, seek medical care right away. Tell your doctor if you have had contact with a sick person or farm animals while traveling.
- You should avoid further travel until you are free of symptoms, unless traveling locally for medical care.

## After you return from Mexico

- Pay close attention to your health for 7 days.
- If you become sick with a fever plus a cough, sore throat or have trouble breathing, see a doctor. Make sure you inform the doctor about
  - Your symptoms, and
  - Where you traveled.

*Information courtesy of the Texas Department of Health and Dallas County Health & Human Services Department*

