

What are the signs and symptoms of swine flu (H1N1)?

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. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

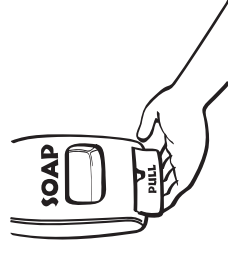
Source: NYS Dept. of Health

CORRECT HAND WASHING PROCEDURE



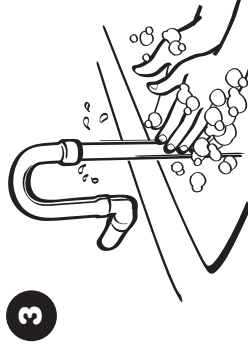
1

Wet your hands with running water as hot as you can comfortably stand (at least 110°F).



2

Apply soap.



3

Vigorously scrub hands and arms for at least 20 seconds. Clean under fingernails and between fingers.



4

Rinse thoroughly under running water.



5

Dry hands and arms with a single-use paper towel or warm-air hand dryer.

CDC Tip:

Avoid touching your eyes, nose or mouth; germs spread that way.

for more info visit
www.intergenhealth.com