

## **SWINE FLU (HINI VIRUS) INFORMATION YOU NEED.....**

- The Swine Flu is a new virus causing illness in people of all ages
- The virus is spread from person to person through coughing & sneezing
- Symptoms of the Swine Flu are similar to those of the seasonal flu – fever, cough, sore throat, runny nose, body aches, headaches, chills, fatigue
- A person infected with Swine Flu (as with seasonal flu) is contagious from 1 day before the development of symptoms, up to 7 days after the onset.
- **TAKE THESE STEPS TO PROTECT YOURSELF:**
  1. **Wash your hands frequently**, particularly after sneezing or coughing. Wash them with soap and warm water or use alcohol-based cleaners.
  2. **Cover your nose and mouth when you sneeze or cough**. Use a tissue if available and discard in the trash after use. If you don't have a tissue, cough into the bend of your arm.
  3. **Do not touch your eyes, nose, or mouth**. Germs spread this way.
  4. **Disinfect surfaces** in your home and office to kill germs, with appropriate disinfectants and sanitizers.
  5. **Try to avoid close contact** with people if there is an outbreak.
  6. **Maintain good nutrition and get plenty of rest**.
  7. **Ask your health care provider about a Swine Flu vaccine**. **Do NOT CONFUSE** this vaccine with the seasonal flu vaccine, however. The two are separate and distinct. The seasonal flu vaccine will not suffice to ward off the Swine Flu.

### **HAND-WASHING TIPS**

#### **Washing your hands often will help protect you from germs.**

- Wash with soap and warm water for 15 – 20 seconds.
- When soap & water aren't available, use an alcohol based (60% or more) gel sanitizer or disposable hand wipes. Rub your hands until the gel is dry. Find these products in supermarkets and drugstores.

**From the physicians of the Olean Medical Group, LLP**



**For more information, visit**

**[www.cdc.gov](http://www.cdc.gov) or [www.flu.gov](http://www.flu.gov)**