



SWINE FLU

Signs and symptoms: Know the “FACTS” about the swine flu.

The swine flu ranges in severity from mild illness to severe symptoms requiring medical attention. MOST cases are mild and can be treated with rest, fluids and temperature reducing medications such as over the counter (OTC) Tylenol and Ibuprofen.

FACTS:

Fever – Fever over 100 degrees that does not respond to Tylenol

Aches – Body aches that are severe and require going to bed

Cough and contact with someone who is infected with the swine flu

Tired – Tired after 8 hours sleep that requires frequent rest during the day.

Sore throat that does not respond to OTC medications





TREATMENT

If you experience the above symptoms, especially a high fever, the following care should be taken to insure a rapid recovery.

1. **STAY HOME!!!!!!!!!!!!!!!!!!!!!!**
2. Stay away from family members, friends, and other close contacts.
3. Take Tylenol or Ibuprofen every 6-8 hrs until the temperature returns to below 100 degrees.
4. Contact your medical doctor or seek medical attention if you are experiencing breathing problems, chronic illnesses, severe illness, or if you are pregnant.
5. Return to school or work after the temperature had returned to under 100 degrees for 24 hours.
6. Contact your teachers and let them know that you have the flu and will return to school once you feel well again.
7. Ask the nurse at the Student Health Center for a medical excuse if you need it to return to class or to work.





PREVENTION

“WAVES”

1. **WASH** YOUR HANDS OFTEN with soap and water especially if you cough or sneeze. Alcohol based hand sanitizers are also effective and can be carried with you.
2. **AVOID** touching your nose, mouth or eyes. Germs are spread that way.
3. **VACCINE**: Get a swine flu vaccine as soon as it is available.
4. **ELIMINATE** germs by covering your nose and mouth if you cough or sneeze. Immediately dispose of the tissue.
5. **STAY AWAY** from anyone who is sick, sneezing, coughing, feverish, achy or who has any flu like symptoms.

