Spread the Word not the Germ

**SWINE FLU:**

**SYMPTOMS**

Fever, Shortness of Breath, Cough, Sore throat, Nasal secretion, Fatigue, Severe vomiting, abdominal pain, Diarrhea, Pneumonia

*Watch for the symptoms, if any arise please contact medical assistance.*

**How it Spreads**

Inhalation or Indigestion of droplets containing virus from sneezing, coughing

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**Fight the Flu—Precautions to be taken**

**Clean your Hands**—Wash with Soap or handwash for min. 20 sec/use sanitizer

**Cover your mouth and nose**—while coughing & sneezing

**Stay home when you are sick**—you will help prevent other from catching disease

**Avoid close contact**—keep distance, no hug, Kiss or hand shakes

*Follow good health habits—healthy sleep, exercise, drink plenty of fluids*

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**Cover Your Cough to save others**

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