



# SWINE FLU & YOU



## What Can You Do to Stay Healthy?

### Practice Respiratory Hygiene:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

### Avoid close contact with sick people:

- Influenza is thought to spread mainly person-to-person through coughing or sneezing by infected people.
- Keep a distance of 6 feet from people coughing or sneezing.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

---

## How Would You Know That You Have The Flu?

**Monitor your temperature for the next 7 days. This is the incubation period for this flu.**

At the first signs of a fever of 101°F or greater with any of the following symptoms: malaise, body aches, cough, shortness of breath, or gastrointestinal symptoms, contact your healthcare provider or go to an emergency department for follow-up.

---

**For additional information on the swine flu and how to protect yourself and others, please visit the following CDC web page:**

<http://www.cdc.gov/swineflu/>  
<http://www.dshs.state.tx.us/swineflu/>