
SWINE FLU (H1N1)

SYMPTOMS: The symptoms of swine flu are similar to other flu strains-

Fever	Cough	Sore Throat	Body aches
Headache	Chills	Fatigue	Diarrhea
Vomiting			

Symptoms develop three to five days after you are exposed to the virus and continue for about a week. You can pass the virus to other people for about eight days, starting one day before you get sick and continuing until you've recovered.

WHEN TO SEE A DOCTOR:

See your doctor immediately if you develop flu symptoms, such as fever, cough and body aches, and you have recently traveled to an area where H1N1 swine flu has been reported. Be sure to let your doctor know when and where you traveled. Also see your doctor if you develop respiratory symptoms after you've been in close contact with someone who may have been exposed to H1N1 swine flu.

Doctors have a rapid test to identify the flu virus, but there is no rapid test to differentiate between swine flu (H1N1) and other influenza A subtypes.

If you come down with any flu, the following measures may help ease symptoms:

Drink plenty of liquids. Rest. Pain relievers

PREVENTION: These measures may help prevent flu

- Stay home if you're sick
- Wash your hands thoroughly and frequently
- Avoid contact
- Reduce exposure within your household

Source: MayoClinic.com



FIRST AID