



## Swine Flu (H<sub>1</sub>N<sub>1</sub>) Important Facts

### At Risk Groups

- Anyone under 25
- Anyone over 50
- Pregnant women

### Sign & Symptoms

- Fever 102-104 lasting 3-4 days
- Headaches
- Body aches & pains
- Fatigue & exhaustion
- Chest discomfort and coughing

### Prevention

- Vaccine when available
- Wash Hands “sing Happy Birthday twice”
- Avoid touching eyes, nose & mouth
- Avoid sick people
- Cover mouth with tissue and discard OR use your elbow
- **STAY AT HOME IF SICK**

### Treatment

- See your healthcare provider
- Drink plenty of fluids
- Bed rest
- DO NOT use ASPIRIN
- Alternate Tylenol (acetaminophen) with Motrin (ibuprofen)