

COMMON SENSE SWINE FLU PREPAREDNESS AND PREVENTION

Last week a new variation of swine flu surfaced that has countries scrambling to prepare for a potential pandemic. This type-A flu virus is the common H1N1 version that causes regular outbreaks in pigs.

Swine flu symptoms are the same as any other flu - they include high fever, lack of appetite, body aches, fatigue and coughing ... and possibly runny nose, sore throat, nausea, vomiting and diarrhea.

The flu virus affects millions of people each year. This swine flu also has the potential of spreading rapidly. Regardless, you can and should take precautions to help reduce or prevent the spread of this virus.

Some common sense tips about ANY flu outbreak include:

-- Cover your nose and mouth with a tissue (or shirtsleeve) when you cough or sneeze.

-- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners (with at least 60% alcohol) are also effective.

-- Avoid touching your eyes, nose or mouth and reduce or restrict handshaking.

-- If you (or others in your home) get sick with the flu, **STAY HOME** from work or school and limit contact with others to keep from infecting them.

--**Try to avoid close contact with sick people.** Influenza spreads mainly person-to-person through coughing or sneezing from infected people.

-- You cannot get swine flu from eating pork and you won't get avian flu from eating chicken..

Go to <http://www.cdc.gov/swineflu> or <http://www.pandemicflu.gov/> for further Swine flu updates.