

SWINE FLU

WHAT TO DO IF YOU GET FLU-LIKE SYMPTOMS

RECOGNIZE SYMPTOMS

Nearly all persons with flu will have at least two of these symptoms:

- Fever
- Headache
- Tiredness
- Cough
- Sore Throat
- Runny nose
- Body aches
- Diarrhea and vomiting

EMERGENCY WARNING SIGNS

If you become ill and experience any of the following warning signs, seek emergency medical care.

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

AVOID CONTACT WITH OTHERS

Swine flu is thought to spread person-to-person through coughing or sneezing of infected people. If you have any flu-like symptoms (see below), you should stay home and avoid contact with other persons, except to seek medical care.

In general you should avoid contact with other people as much as possible to keep from spreading your illness. You can spread the flu to others starting 1 day before you have symptoms to at least 7 days after you become ill (children can be up to at least 10 days).

Avoid public places and large events where you will come into contact with many people.

KNOW WHAT TO DO

It is expected that most people will recover without needing medical care.

If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. Be aware that if the flu becomes wide spread, there will be little need to continue testing people, so your health care provider may decide not to test for the flu virus.

If you leave your residence to seek medical care:

- Wear a mask
- Cover your coughs and sneezes with a tissue
- Dispose of your tissues properly
- Continue to wash your hands frequently with soap and water

**For more information about Swine influenza,
please visit:**

www.miami.edu/swineflu