



Fever (usually high)



Headache



Extreme Tiredness



Dry Cough



Sore Throat

Direct from The Centers for Disease Control, here is the latest on the H1N1 swine flu:

In response to an intensifying outbreak in the United States and internationally caused by a new influenza virus of swine origin, the World Health Organization has raised the worldwide pandemic alert level to Phase 5. A Phase 5 alert is a "strong signal that a pandemic is imminent and that the time to finalize the organization, communication, and implementation of the planned mitigation measures is short."

Here's what you can do to help prevent the flu:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay away from public places when you are sick.

If possible, stay away from public places when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Influenza Symptoms

Influenza (also known as the flu) is a contagious respiratory illness caused by flu viruses. It can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly and may include these symptoms:

- * **Fever (usually high)**
- * **Headache**
- * **Extreme tiredness**
- * **Dry cough**
- * **Sore throat**
- * **Runny or stuffy nose**
- * **Muscle aches**
- * **Stomach symptoms (like nausea, vomiting, and diarrhea)**

Where to Go

Go to the nearest hospital or clinic if you think you have the H1N1 flu. For the latest information, go to:

<http://www.cdc.gov/h1n1flu/>