

# Protect Yourself

## Prevent the Spread of Infection

- Make sure you cover your cough or sneeze
- Sneeze/cough into your sleeve or tissue
- Throw tissues away after each use, DO NOT reuse tissues
- Wash your hands often with soap and water or hand sanitizer



## Signs and Symptoms

- Fever (> 100°F)
- Cough
- Sore throat
- Runny nose
- Body aches
- May have diarrhea or vomiting

## What to do if you think you have the Flu

- Limit your contact with other people
- DO NOT go to school or work if you are sick
- If you live in or recently visited an area where Swine Flu has been identified, and you become ill with flu-like symptoms, contact your health care provider immediately.

## Seek emergency medical care for any of the following:

### Children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with rash

### Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting



**Stay Home  
If You  
Feel Sick!**



Information provided by:  
Colusa County Department of Public Health  
251 E. Webster Street  
Colusa, CA 95932  
(530) 458-0380 Fax (530) 458-4136



For more information on Swine Flu visit <http://www.cdc.gov/swineflu/>