

## CDC Swine Flu Strain Precautionary Recommendations

As with any infectious disease, the CDC is **recommending precautionary measures** specifically related to the **prevention of the spread of Swine Flu**:

- *Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.*
- *Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.*
- *Try to avoid close contact with sick people.*
- *If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.*
- *Avoid touching your eyes, nose or mouth. Germs spread that way.*

In **children** emergency **warning signs** that need urgent medical attention include:

- *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 a rash*

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*

*Information from:* [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)