

Health Literacy Now

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Swine Flu

What is flu?

Flu is an illness caused by flu virus.

There are many types of flu viruses. Flu can affect humans and animals.

What is Swine flu?

It is an illness caused by the swine flu virus.

Can I get swine flu from other people?

Yes, it is possible. Swine flu virus can spread from person to person.

How do I know that I have Swine flu?

Swine flu virus often causes

*Fever

- *Running nose
- *Cough
- *Sore throat
- *Aches and pains in the body
- *Headaches
- *Tiredness
- *It may also cause diarrhea and vomiting.

What should I do if I think I have Swine flu?

If you think that you have Swine flu then

- *[Contact your doctor](#) as soon as possible.
- *[Stay at home](#). Stay away from school and work.
- *Take [Tylenol for fever](#).
- *Drink [plenty of fluids](#).
- *Get [plenty of sleep](#).
- *[Avoid contact](#) with other people to prevent the spread of the infection.

*Cover your nose and mouth when you sneeze or cough.

Is Swine flu dangerous?

Swine flu can be dangerous if it affects your lungs. It can cause infection of the lungs. People have died from swine flu.

How can I know that my flu is getting worse?

If you have the following signs, you should call 911 or go the emergency room.

*Trouble breathing

*Fever and cough get worse

*Chest pressure or chest pain

*Dizzy or light headed

*Severe vomiting

*Drowsy or sleepy

In children

*Blue lips or skin.

*Child becomes very irritable.

*Skin rash.

How can I find out if I have Swine flu?

Your doctor will decide if you need some tests to find out if you have Swine flu.

The doctor may also get a chest x-ray. A chest x-ray is a picture of your lungs. It is done to find out if you have an infection in your lungs.

Can Swine flu be treated?

Yes, there are pills, liquid and inhalers that your doctor may give you to treat Swine flu. The treatment works best if started soon after getting sick.

How can I protect myself from swine flu?

You can protect yourself and others by doing these things

*[Cover your mouth and nose](#) with a tissue when you cough or sneeze.

Throw the tissue into the trash.

*[Wash your hands with soap](#) every time you cough or sneeze.

*[Avoid contact with sick people](#).

*Keep your [hands away](#) from [eyes](#), [nose](#) and [throat](#).

*[Contact your doctor](#) if you were in close contact with someone who has Swine flu.

Can I get Swine flu from eating or cooking pork?

No, you do not.

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