

Health Precautions for Swine Flu

- Cover coughs and sneezes with tissues and dispose of them properly
- Frequently wash your hands thoroughly with soap and water
- Stay home if you are sick
- See your physician if illness continues
- The symptoms of the swine flu are similar to seasonal flu and include fever, lack of appetite, coughing and fatigue
- Some people have also reported having a sore throat, nausea, vomiting and diarrhea
- You cannot get swine flue from eating pork or pork product
- There are no special recommendations for anyone who owns a pig or is routinely exposed to pigs

For more information about swine flu, visit:

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

or www.nj.gov/health