

Swine Flu Facts

- You can't get the swine flu from eating pork.
- You can get the swine flu from other people who have been infected.
- The best way to avoid getting the swine flu is to wash your hands often and well. For tips, please visit www.spectrum-health/handwashing
- The incubation period for swine flu is only 48 hours.
- The symptoms of swine flu include:
 - prolonged fever
 - chills
 - tiredness
 - sore throat
 - runny nose
 - cough
 - headaches
 - body aches
 - sometimes diarrhea and vomiting.
- People with a fever of 100 degrees Fahrenheit /38 degrees Celsius or higher, and a runny nose and/or cough should stay home from work or school to avoid spreading the flu.
- If you have these symptoms, contact your primary care doctor or visit an Urgent Care center. Your doctor can give you an antiviral medicine for the treatment of this infection if you call early enough..
- More information about swine flu is available here:
www.spectrum-health.org/swineflu

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