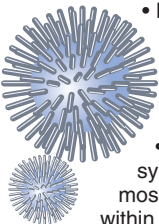


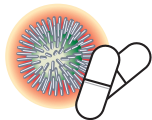
# Focus on swine flu

Increase in cases registered worldwide, especially with many returning from a vacation abroad.

## The flu



- Respiratory disease
- Spreads through droplets from nose, mouth, when coughing, sneezing
- In most cases symptoms are mild; most people recover within a week



- **Treatment** Plenty of rest, paracetamol, antiviral medicine (Tamiflu, Relenza – no cure but relief,

reduces risk of complications); vaccination (starts in fall, available for highest risk groups first)

• **Adults are infectious** for 3-4 days after showing symptoms; children for one week

• **Mortality rate** 0.4% (same as seasonal flu)

## Symptoms

Runny nose, sore throat

Limb or joint pain

Diarrhea

High fever, headache

Coughing

Nausea, vomiting

## Who's at risk

- People with: chronic lung disease, kidney disease, heart disease; neurological diseases; lowered immune systems; diabetes; asthma; pregnant women; people over 65 and under 5 years old

## Reducing the risk



### Wash your hands

often to remove germs



### Avoid touching

your eyes, nose, mouth



### Cover your nose, mouth

with a tissue when sneezing, coughing



### Eat healthy foods,

drink plenty of water, get enough sleep, exercise



### Avoid close contact

with sick people; if you or your children get sick, stay home