

“PREVENTION IS BETTER THAN CURE”

Swine Flu is a respiratory illness caused by H₁N₁ virus of influenza group. The present strain is a mutated version that inflicts humans, birds and swine (pigs). Swine flu can easily spread from person to person.

Symptoms of Swine Flu:

- a. Fever
- b. Cough
- c. Headache
- d. Body Ache
- e. Vomiting
- f. Diarrhea
- g. Sneezing
- h. Running of nose
- i. Tiredness

Precautions:

- a. Keep face covered while coughing and sneezing.
 - b. Hand washing for twenty seconds with soap and water after sneezing and coughing or touching things used by many e.g. keyboard / knob of door etc.
- c. Keep sick children at home and do not send them to school. No medical certificate is required.
- d. Consult your doctor in case of flu-like symptoms.
- e. Avoid mass gatherings and over-crowding or wear mask.

f. Educate others and do not PANIC.