

Stop the spread of germs that make you and others sick!

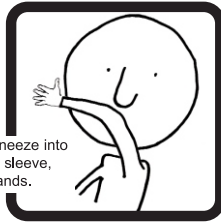
Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

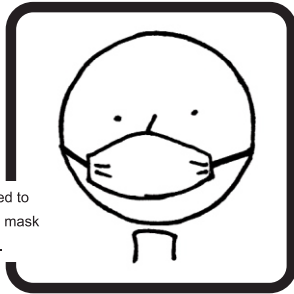
or

cough or sneeze into your upper sleeve, not your hands.



Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.



Wash hands with soap and warm water for 20 seconds

or

clean with alcohol-based hand cleaner.



Clean your Hands

after coughing or sneezing.

For more information or questions about

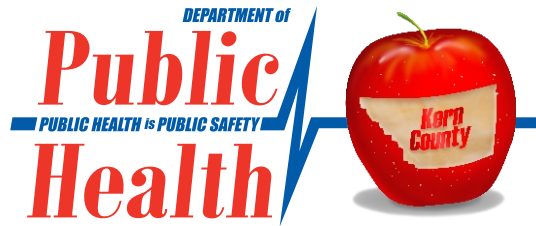
Swine Flu

Call Toll Free

1-877-81VIRUS

or go to

www.co.kern.ca.us/health



Bakersfield	1800 Mt. Vernon Ave.	(661) 868-0306
Arvin	204 South Hill St.	(661) 854-5411
Delano	455 Lexington St.	(661) 721-3820
Lake Isabella	7050 Lake Isabella Blvd.	(760) 549-2090
Lamont	12014 Main St.	(661) 868-5824
Mojave	1775 Highway 58	(661) 824-7066
North of the River (Oildale)	125 El Tejon St.	(661) 868-5250
Ridgecrest	250 W. Ridgecrest Blvd.	(760) 375-5157
Shafter	329 Central Valley Hwy.	(661) 746-7562
Taft	315 Lincoln St. Room 150	(661) 763-8591
Tehachapi	125 East "F" St.	(661) 822-3005
Wasco	810 Eighth St.	(661) 758-3006



Swine Flu

- What is it?
- How can I catch it?
- What can help prevent catching it?
- Do I have it?
- What if I get sick?
- How serious is it?
- Should I be worried?



Swine Flu

What is it?

Swine Flu is a respiratory illness caused by a swine influenza virus.

It is spreading from person to person through contact with infected respiratory secretions.

How can I catch it?

Flu viruses are spread from person to person mainly through coughing or sneezing of persons with influenza.

Sometimes people may be infected by touching something with flu viruses on it and then touching their eyes, mouth or nose.

What can help prevent catching it?

First and most important wash your hands before and after touching your eyes, nose or mouth.

Stay in good health by getting plenty of sleep, eating nutritious food and drinking plenty of non-sugar and low sugar fluids.

Avoid close contact with persons who are sick.

Do I have it?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue.

What if I get sick?

- Stay home and avoid exposing other people
- Contact your doctor for instructions if you are not improving with rest, fluids and medicines for fever and body aches
- Let your medical provider know if you have been to locations that are reporting swine flu or you have been in contact with someone who is sick and has traveled to locations reporting swine flu



How serious is it?

Like seasonal flu, it can be mild to severe. Serious symptoms in children that need urgent medical attention include:

- Fast breathing and/or difficulty breathing
- Fever that is not reduced with “over the counter” medications
- Inability to drink adequate fluids

Serious symptoms in adults needing urgent medical attention include:

- Confusion and dizziness
- Vomiting leading to dehydration
- Difficulty breathing and shortness of breath

Should I be worried?

You should be deliberate in using all prevention methods that reduce your chance of being infected with flu.

Wash your hands before and after contact with your eyes, nose and mouth.

Stay home when sick and stay away from persons who are sick with flu symptoms.