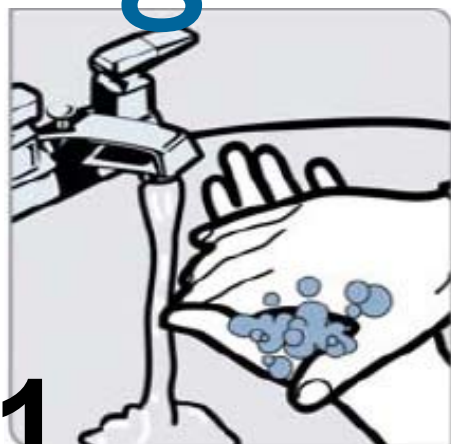
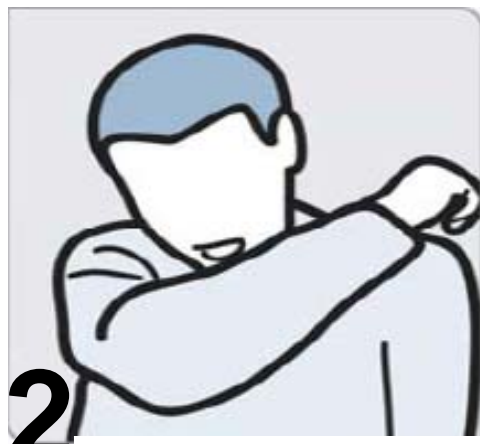


Fight the Flu!

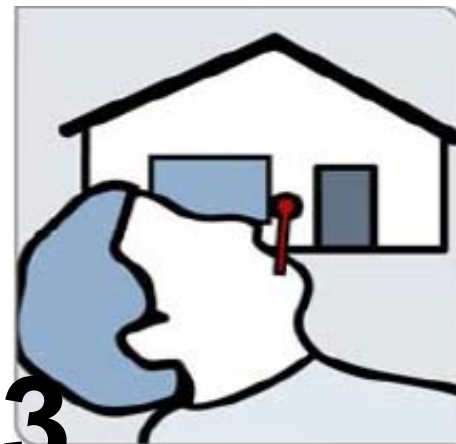
Posted
4/29/09



- Wash your hands often. Use soap and warm water for 20 seconds.
- Use hand sanitizers.



- Cover your cough.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with people who are coughing or ill.



- If you or a family member has a fever and are ill, stay home from school, work and public places.

Protect yourself from all types of flu.

Seasonal flu—a respiratory illness that occurs each year and is passed easily from person to person. Most people have some immunity and a vaccine is available.

Swine (H1N1) flu—a new respiratory illness that has infected humans in the United States and other countries. No vaccine is available to prevent the illness, but there are medicines that help treat those who are sick.

The symptoms of swine flu are similar to seasonal flu: fever, coughing, sore throat, chills, headache and body aches, fatigue, respiratory congestion, and in some cases, diarrhea and vomiting. If you have these symptoms, stay at home and call your doctor.

For general swine flu info:
City of Pasadena Public Health Department
www.cityofpasadena.net/publichealth ■ (626) 744-6012