

Be Aware and Protect yourself from Swine Flu

Swine influenza also known as **H1N1 virus**, **pig influenza**, **swineflu** and **pig flu** causing illness in people. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. Swine flu can be treated if detected early.

This disease is contagious and spreads through saliva and mucus particles.

People may spread them by:

- sneezing
- coughing
- touching a germ-covered surface and then touching their eyes or nose

Swine Flu First Signs-Symptoms in People

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza and include

- Sudden fever (around 100 degrees F or above)
- Cough
- Headache
- Chills
- Sore Throat
- Watery eyes
- Shortness of breath or difficulty in breathing
- Aching muscles and joints
- Runny nose
- Sneezing
- Diarrhoea
- Loss of appetite
- Extreme fatigue or tiredness

Precautions-Preventing Swine Flu-H1N1 virus:

- wearing gloves and/or gowns
- using eye protection
- wearing face masks
- washing hands frequently with soap or hand sanitizer
- not touching your nose, mouth, or eyes because the virus can survive on telephones, tabletops, etc.
- staying home from work or school if you are ill to keep others healthy
- avoiding large gatherings when swine flu is in season.
- Boost your natural immunity, add lots of vitamin c, vitamin E, vitamin A, antioxidants to your diet and avoid outside food completely.
- Gargle twice a day. Do it with salted warm water.

Prevention is better than Cure