

## **Pomperaug District Department of Health**

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### **The Pomperaug District Department of Health offers the following advice to protect yourself and others from swine flu:**

**Call your physician** if you have flu-like symptoms. The symptoms of swine flu are the same as for seasonal influenza: fever (greater than 100°F); sore throat; cough; stuffy nose; chills; headaches and body aches; fatigue and sometimes, nausea, vomiting and diarrhea.

**Avoid close contact.** Avoid close contact (less than 6 feet away) with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

**Stay home when you are sick.** Stay home from work, school, and errands when you are sick. If after consulting your doctor, you think you have swine flu, you should stay home for 7 days after symptoms have started or 24 hours after symptoms stop, whichever is longer. This will help prevent others from catching your illness, since swine flu is contagious for at least 7 days from when symptoms begin.

**Cover your mouth and nose.** Cover your mouth and nose with a tissue or the inside of your elbow when coughing or sneezing. Discard the tissue in the trash and wash your hands afterward. It may prevent those around you from getting sick.

**Clean your hands.** Washing your hands often will help protect you from germs. Hands should be rubbed for 20 seconds with soap then rinsed. Alcohol-based hand sanitizers are also effective – use enough gel so that it takes 20-30 seconds of rubbing until the gel is dry on the hands. It's especially important to wash hands after you have been out in public places such as school, stores, movies, etc.

**Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

**Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For more information about swine flu, please visit the CDC website at [www.cdc.gov](http://www.cdc.gov) or the CT Department of Public Health website at [www.ct.gov/ctfluwatch](http://www.ct.gov/ctfluwatch).