

# RECOGNIZE SWINE FLUE SYMPTONS! DEFEND YOURSELF

## **High Risk Groups**

Children Below 5 years  
Senior persons above 65 years  
HIV infected persons  
Diabetic patients  
Pregnant Women  
Lung & Heart patients  
Obese persons

## **Warning signs for children**

Troubled or abnormal breathing  
Bluish skin color  
Lessened intake of water/fluids  
Extended sleep or lack of interaction  
Irritable  
Fever with rash  
Flu-like symptoms recede, but return with fever and worsened cough

## **Warning signs for adults**

Difficulty in breathing or shortness of breath  
Pain/pressure in chest/abdomen  
Sudden dizziness  
Confusion  
Severe or persistent vomiting

No vaccine is available for Swine Flu. Seasonal flu vaccines or past immunizations DO NOT provide protection against the H1N1 virus.

Please visit a qualified physician if you suspect Swine Flu symptoms.  
Avoid self-treatment.

Persons infected with the H1N1 virus may be able to pass it on 1 day before symptoms develop and up to 7 days after infection.

...TAKE CARE FRIENDS...

## Difference between Cold and Swine Flu Symptoms

<u>Symptom</u>	<u>Cold</u>	<u>Swine Flu</u>
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough).
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.