



**H1N1 flu** is also known as swine flu because in the past, the people who caught it had direct contact with pigs. This is transmitted from person by inhalation or ingestion of droplets containing virus from people sneezing or coughing, it is not transmitted by eating cooked pork products.

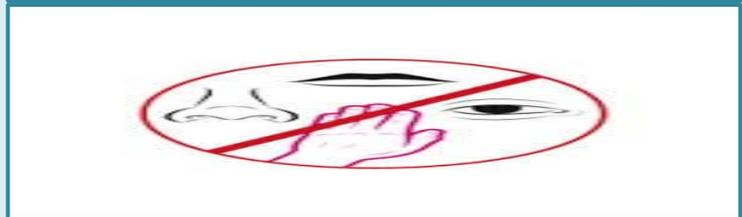
Causes of Swine Flu	Swine Flu Symptoms
Swine flu is contagious, When people who have it cough or sneeze, they spray tiny drops of the virus into the air. One can catch H1N1 swine flu If in contact with these drops or touch a surface (such as a doorknob or sink) that an infected person has recently touched.	Cough, fever, sore throat, stuffy or runny nose, body aches, headache, chills and fatigue. Swine flu can lead to serious complications like pneumonia and respiratory failure.

**Prevention for Swine Flu:** The best treatment for influenza infections in humans is prevention by vaccination. There are other things you can do to stay healthy. Do not attend the school with flu-like symptoms. Avoid self medication. **CONSULT A DOCTOR IF ANY SYMPTOMS PREVAILS.**

Wash your hands throughout the day with soap and water.



Don't touch your eyes, nose, or mouth frequently.



Avoid contact with people who are having above symptoms.



**BE AWARE AND STAY HEALTHY**



The views expressed in this newsletter are suggestions and opinions and are not binding.