

## **Symptoms/Prevention of Seasonal Flu/Swine Flu**

The swine flu symptoms reported when infected with the swine flu are similar to the symptoms of the influenza virus most are familiar with. The good news is that most people who become infected will do fine and will not have any long term complications. Those who are immune compromised, older or pregnant may be at higher risk of complications or serious respiratory illness. The most common swine flu symptoms include:

- Cough
- Congestion
- Nasal Congestion
- Body aches
- Joint Pains
- Fevers
- Sore throat
- Headaches
- Fatigue
- Decreased energy

### **Transmission**

Human to human transmission can occur with casual contact or airborne transmission, like when one sneezes or coughs. Eating pork products will not cause one to develop the swine flu.

### **Prevention**

Washing hands routinely with soap and warm water.