

# INFLUENZA H1N1 SYMPTOMS (Swine flu)

You must be alert if someone in your family has the following symptoms:

- Fever above 38 degrees Celsius or 100 degrees Fahrenheit
- General malaise and body aches
- Headache
- Muscle and joint pain
- Cough
- Nasal drip
- Irritated eyes
- Sore throat
- Diarrhea may occur
- Sudden onset of symptoms



*If these symptoms occur, you should consult a doctor or health clinic or call:  
1-877-724-3258*

***No one will be refused service.  
Your situation and information will remain confidential.***

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## Remember:

- **Clean all athletic equipment regularly!**
- **Shower after athletic activity.**
- Wash your hands frequently with soap and water (preferably liquid) or use alcohol wipes or gels.
- Cover your mouth when you cough and sneeze with a tissue or into your sleeve near the elbow.
- Throw the tissue immediately into the trash and wash your hands.
- Do not greet with handshakes or kisses
- Do not go to crowded places.
- **Do not share water bottles, food, beverages, dishes, cups and cutlery.**
- Keep clean the kitchen and bathroom counters, door handles and railings, as well as toys, telephones, computer keyboards and objects of common use.

