The symptoms of Swine Flu in people are similar to the symptoms of seasonal human flu. Below is a list of common symptoms found in people diagnosed with Swine Flu:

- An acute respiratory illness (runny nose, red eyes, deep cough).
- Fever (100 °F)
- A sore throat
- Nausea, vomiting, or diarrhea (possible)

**Prevention and Protection**

1. If you are sick, stay home and avoid contact with other people.
2. Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol based hand cleaners are also effective.
3. Avoid touching your eyes, nose or mouth. Regularly disinfect communal areas & any shared equipment.
4. Consider delaying non essential travel to affected areas until the risks are better understood.

**How is swine flu treated?**

Treat the swine flu in the same way as seasonal flu with good hygiene practices and plenty of rest at home, away from work or school. This type of flu may be treated with an antiviral medication if it is started early. However, nobody should take this or any other prescription medication without first talking to their doctor.

**For more information**

1. Swine Flu website - [www.ehs.ucr.edu/environmentalhealth/flu](http://www.ehs.ucr.edu/environmentalhealth/flu)
2. Environmental Health and Safety - [www.ehs.edu](http://www.ehs.edu)
3. Campus Status - [www.campusstatus.ucr.edu](http://www.campusstatus.ucr.edu)
5. World Health Organization - [www.who.int](http://www.who.int)
6. UCR Campus Health Center - [www.campushealth.ucr.edu](http://www.campushealth.ucr.edu)