

# Temperature is key swine flu symptom

High fever is a key symptom that distinguishes A(H1N1) swine flu from regular human seasonal flu, with others including swollen glands, lethargy, lack of appetite, coughing, sore throat, nausea, vomiting and diarrhoea. Infected people shed the virus – and remain infectious to others – for five to seven days after symptoms appear

**FEVER:** Temperature rises from normal 37°C (98.6 °F) to up to 40°C (104°F).

**Sustained fever above 38.3°C necessary for positive diagnosis**

**CHILDREN:** Babies and small children with flu can also display the following symptoms: **Drowsiness, unresponsiveness, limpness, poor feeding, vomiting, diarrhoea**

Preventing the spread of swine flu

- Cover your nose and mouth when you cough or sneeze
- Throw used tissues in rubbish bin or toilet
- Wash your hands often with soap and water, or use alcohol-based hand gel, especially after you cough or sneeze
- Avoid touching your eyes, nose or mouth as virus can spread that way
- Avoid close contact. Wear a surgical mask to prevent infecting others

