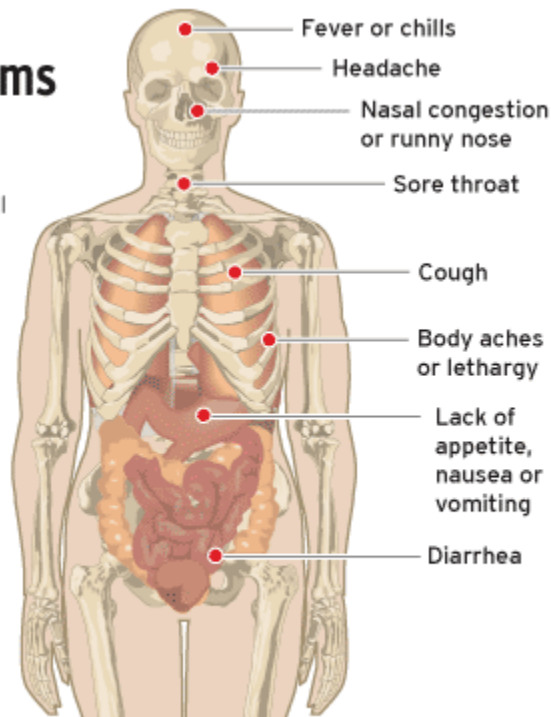


US Human Cases of Swine Flu Infection			International Human Cases of Swine Flu	
States	States with confirmed cases	States with possible cases	Countries with confirmed cases	Countries with swine flu deaths
Arizona	1		Austria (1)	
California	14		Canada (13)	
Indiana	1		Germany (3)	
Kansas	2		Israel (2)	
Massachusetts	2		New Zealand (3)	
Michigan	2		Spain (4)	
Nevada	1		United Kingdom (5)	
New York	51		Mexico (26)	Mexico (7)
Ohio	1		United States (91)	United States (1)
Texas	16	1		
TOTAL COUNTS	91 cases	1 death	148 cases	8 deaths
As of April 29, 2009 11:00 AM EST http://www.cdc.gov/swineflu/investigation.htm			As of April 29, 2009 18:00 GMT http://www.who.int/csr/don/2009_04_29/en/index.html	

Swine flu symptoms

Symptoms of the swine flu are very similar to those of seasonal influenza. If you feel ill, stay home from work and school because an infected person can shed the virus 24 hours before symptoms start, and up to seven days later. If you exhibit symptoms and believe you may have swine flu, call your physician before making a trip to see him or her, then follow advice on how to proceed.



Basic Swine Flu precautions

- **Keep healthy by getting proper nutrition, exercise and rest.**
- **Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Better yet, cough into your sleeve.**
- **Wash your hands often with soap and water for thirty seconds before eating and after using the restroom. Especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- **Try to avoid close contact with sick people.**
- **If you get sick with flu, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.**
- **Plan what you will do if the swine flu spreads further and/or becomes more virulent. For instance, what would you do if schools close? What do you need to do to be prepared?**