

Do you have Swine Flu?



Physical symptoms include:

- Headaches
- Muscle tension
- Low back pain
- Pains in shoulders or neck
- Pains in chest
- Stomach/abdominal pain
- Muscle spasms or nervous tics
- Unexplained rashes or skin irritations
- 'Pounding' or 'racing' heart
- Sweaty palms
- Sweating when not physically active
- 'Butterflies' in stomach
- Lack of appetite
- Diarrhea
- Unable to sleep or excessive sleep
- Shortness of breath

Emotional/cognitive symptoms:

- Feeling irritable
- Nervousness
- Restlessness
- Unable to concentrate
- Becoming easily confused
- Having memory problems
- Negative thinking
- mood swings
- Eating when you are not hungry
- Not having enough energy to get things done
- Difficulty in making decisions
- emotional outbursts

STOP THE SPREAD OF THIS DANGEROUS EPIDEMIC

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water every 30 minutes, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with other people.
- If you are worried about influenza, CDC recommends that you stay home from work or school and limit contact with others



Do you have Swine Flu Hysteria?



Physical symptoms include:

- Headaches
- Muscle tension
- Low back pain
- Pains in shoulders or neck
- Stomach/abdominal pain
- Muscle spasms or nervous tics
- Mysterious tone emitting from your nipples
- 'Pounding' or 'racing' heart
- Sweaty palms
- Making piggy noises
- Lack of appetite
- 'Aliens' bursting from stomach
- Diarrhea
- Unable to sleep
- Excessive sleep
- Shortness of breath
- Acute awareness of physical health

Social symptoms:

- Nonspecific low-grade stress
- Talking about swine flu
- Reading about swine flu
- Tweeting about swine flu
- Freaking out
- Considering inoculation
- Fear of coworkers
- Fear of pigs
- Reading posters about swine flu and wondering if you have it
- piggy puns

STOP THE SPREAD OF THIS HYSTERICAL DISEASE



- If you are worried that you have swine flu, check to see if you're in Mexico. If you're not in Mexico, you are relatively safe... for now
- Swine Flu Hysteria is much more common and annoying than swine flu.
- If are worried about influenza, CDC recommends that you talk about it nonstop on the internet and in real life

Do you have the **FACTS** about **Swine Flu**?



It all starts out as a bit of fun,
until it wipes out mankind.

The Facts:

- Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks of influenza in humans
- To diagnose swine influenza A infection, a respiratory specimen would generally need to be collected within the first 2 to 3 days of illness (when an infected person is most likely to be shedding virus). After this window, detection is impossible.
- Like all influenza viruses, swine flu viruses change constantly. One day it may be like the flu, the next day it might be like hysterical pregnancy.
- swine flu is fully tcp/ip compatible and can infect all x86 platforms regardless of operating system.
- Swine flu was originally created by the Belgian government as a bacon substitute
- Swine flu is synonymous with diabetes

STOP THE SPREAD OF THIS HYSTERICAL DISEASE



- If you are worried that you have swine flu, check to see if you're in Mexico. If you're not in Mexico, odds are pretty good that you're safe.
- Swine Flu Hysteria is significantly more common and irritating than swine flu, and can be spread via the internet.