

The following information came from a go - MabuhayRadio

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The following information came from a government site, under "Swine Flu and You." 1. What are the symptoms of having swine flu? Fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea 2. How to avoid getting swine flu? WASH YOUR HANDS!!! Avoid having your eyes, nose or mouth touched by any hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick. 3. Other things about swine flu that is good to know: a) you cannot get it by eating cooked pork, b) avoid a closed place with a lot of people, c) there are effective medicines to cure the flu when discovered early, and d) For more details, visit http://www.cdc.gov/h1n1flu/swineflu_you.htm Pass this email to your loved one please. Join 80-20. Our volunteers and staff of 80-20 knock ourselves out to serve you. We have gotten a lot of goodies for the entire community. Support us back PLEASE. Go <http://www.80-20initiative.net> & click on the button "JOIN 80-20." To send a check, mail to 80-20 PAC, PO Box 22509 Philadelphia, PA 19110. Be sure to include your email address in the check. If you are a NEW member, 80-20 gets twice the amount you pay owing to a matching fund. Respectfully yours, S. B. Woo Acting Exec. Director (a volunteer), 80-20 PAC [Joomla SEO powered by JoomSEF](#)