

H1N1 Flu Outbreak



Health officials are closely monitoring a new influenza virus, of swine origin, that's spreading from person to person. The Cleveland Department of Public Health is taking action to protect the community's health.

Here is a list of simple steps you can take to stay healthy:

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.

Washing your hands often will help protect you from germs.

5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

As always, emergency preparedness should be a priority for you and your family. Please take this opportunity to Get a Kit, Make a Plan and Stay Informed. It is important for individuals and families to be prepared to care for themselves for a minimum of 3 days in the event of any emergency. Visit www.ready.gov for further assistance in emergency preparedness.

For more information about Swine Flu, please visit these sites:

<http://www.cdc.gov/swineflu/> - CDC's Swine Flu Resource Page

http://www.cdc.gov/swineflu/swineflu_you.htm - Swine Flu Q&A

<http://www2a.cdc.gov/podcasts/player.asp?f=11226> – Swine Flu Podcast

http://www.cdc.gov/swineflu/key_facts.htm - Swine Flu Key Facts

<http://www.pandemicflu.gov/> - U.S. Government Pandemic Flu Site

<http://www.who.int/en/> - World Health Organization