

SWINE FLU

Distributed by Worth Township ~ www.worhtownship.com

The human swine flu outbreak continues to grow in the United States and internationally. As of April 29, the U. S. Center for Disease Control (CDC) has confirmed 64 human cases of swine flu infection in the United States, ***none in Illinois***. The most recent alert issued by the CDC is characterized by confirmed person-to-person spread of the virus and the potential for “community-level” outbreaks.” On April 28, 2009 the CDC issued a travel warning recommending that people avoid non-essential travel to Mexico. CDC continues to issue daily guidance on their website: www.cdc.gov/swineflu/ or



contact the CDC at their toll-free number:

800-CDC-INFO (800-232-4636)

TTY: (888) 232-6348,

24 Hours/Every Day

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- 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, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.