

PREVENTING THE SPREAD OF SWINE FLU

To be proactive in responding to the outbreak of swine flu in the United States, the U. S. Department of Health and Human Services declared a nationwide public health emergency to allow the government the flexibility to fully mobilize all of their prevention and treatment resources should further action become necessary. While at this time there is no cause for alarm, the Town of Bedford wants its residents to understand the disease and to do what each of us can to help prevent the spread of the flu.

The symptoms of swine flu are similar to regular flu: fever (usually high -102+ degrees); lethargy; lack of appetite; and, coughing. It may also include a runny nose, sore throat, nausea, vomiting and diarrhea. If you exhibit these symptoms, you should contact your primary care physician.

The outbreak of swine flu is NOT currently being considered a global pandemic. The containment of the flu is of primary concern. There are things you can do personally to help prevent the spread of this flu:

- **AVOID CLOSE CONTACT:** Avoid close contact with people who are sick. If you become sick, keep your distance from others to protect them from getting sick too.
- **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.
- **COVER YOUR MOUTH AND NOSE:** Cover your mouth and nose with a tissue or sleeve when coughing or sneezing. It may prevent those around you from getting sick.
- **CLEAN YOUR HANDS:** Washing your hands often will help protect you from germs.
- **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.
- **PRACTICE OTHER GOOD HEALTH HABITS:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

For further information you can go to the Center for Disease Control (CDC) website http://www.cdc.gov/swineflu/swineflu_you.htm and/or to the U. S. Department of Health and Human Services website <http://www.hhs.gov> . The New York State Department of Health has also set up a toll-free number for New York State residents who have questions or concerns about swine flu. **The hotline number is 1-800-808-1987.**