

Public Health Alert- H1N1 Influenza Information

Updated 5:00pm 5/28/09

It has been roughly a month since the emergence of the H1N1 virus which makes this a good time to refresh the preventative measures we all need to continue to take as the virus is still active.

If you become sick with flu-like symptoms, including fever, body aches, runny or stuffy nose, sore throat, nausea, or vomiting or diarrhea, it is imperative that you stay home and avoid contact with other people, except to seek medical care. You should stay home from work and school for 7 days, or 24 hours after your symptoms go away—whichever is longer. Avoiding contact with others if you are sick is one of the preventative measures we can all do in order to limit further spread of the virus.

It is important to continue to practice the simple steps to keeping you and others healthy as well. Be sure to wash your hands frequently with soap and warm water or use an alcohol-based hand sanitizer as well as cover your cough with a tissue or cough into your inner elbow and not into your hands.