

May 1, 2009



## ***Swine Flu Advisory*** from the Lower Makefield Emergency Management Committee.

The Bucks County Health Department is actively coordinating with state and federal health officials to remain updated on swine flu.

### ***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.
- If you are sick AND you have traveled to Mexico or been in contact with someone who is sick and has been to Mexico or areas of the US with confirmed swine influenza cases , seek medical attention

For more information on this outbreak, go to [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) Anyone with questions can contact the Bucks County Health Department at 215-345-3318, or the web site at [www.buckscounty.org/ReadyBucks/index.aspx](http://www.buckscounty.org/ReadyBucks/index.aspx)

To stay informed, you can receive alerts to your cell phone or email by registering at [www.ReadyNotifyPA.org](http://www.ReadyNotifyPA.org) and clicking on “Bucks.” Are you and your family ready? For helpful preparedness information, visit [www.ReadyRegion.org](http://www.ReadyRegion.org).

