



DOUGLAS COUNTY
HEALTH AND SOCIAL SERVICES

FOR IMMEDIATE RELEASE

April 30, 2009

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PUBLIC HEALTH OFFICIALS URGE THE PUBLIC TO STAY INFORMED

The H1N1 Swine Flu outbreak has caused concern across the United States. Many individuals wish to know how they can best protect themselves while minimizing disruptions to their normal lifestyles. Public health officials throughout Oregon are working to keep communities up-to-date with the information about swine flu (also known as H1N1 Influenza A).

Douglas County Public Health is in daily contact with the Oregon Public Health Division and with local schools, hospitals, local media, and many others to keep the public informed about the steps they can take to be prepared and to avoid getting the flu. There are three simple, but important, steps we can all take to make sure the flu doesn't spread:

1. Protect yourself and others by washing your hands often;
2. Cover your mouth with something other than your hand when you cough;
3. Stay home when you're sick, and contact your doctor.

More information about Swine Flu and about how you can help to protect yourself, your family and your community is available online in both English and Spanish. Information is targeted to the general population, schools, childcares, emergency services, health care providers, faith based communities, and more and is constantly being updated.

Oregon Website	www.flu.oregon.gov
Oregon Hotline	1-800-978-3040
Centers for Disease Control En Español	www.cdc.gov/swineflu/ www.cdc.gov/swineflu/espanol/swine_espanol.htm
Pandemic Flu Preparedness	www.pandemicflu.gov

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