

PUBLIC HEALTH RECOMMENDATIONS (May 1st, 2009 at 10 am)

As of Friday May 1, 2009 at 10 am, there are currently no confirmed cases of H1N1 (swine) flu in Galveston County. With no confirmed cases at this time, there are no public health recommendations in Galveston County and cities to close schools or to cancel any social gatherings. Keep in mind that this outbreak is a fluid situation with rapid developments. As such, additional public health recommendations will be issued as new information is available.

While this is good news, I do recommend that school officials and event organizers promote the following public health messages to prevent the possible spread of illness:

- **Stay calm and informed.** Read about H1N1 flu and keep up with its developments. We have information on our website www.gchd.org.
- **Proper Hand Hygiene.** Practice frequent and proper hand washing with plain soap and water. If soap and water is not available use an alcohol-based hand sanitizer.
- **Do NOT touch your face.** Once your hands are clean, do not touch your face, nose, eyes or lips.
- **Cover your cough.** If you must cough or sneeze, cover your mouth with a tissue or your sleeve. Throw the tissue away in a waste basket. Do not leave discarded tissues on your desk or other surfaces. Then, wash your hands thoroughly.
- **Stay home and seek medical care if you are sick.** If you are feverish, achy, have a dry, painful cough or sore throat, go home from school or work and call your health care provider. This helps protect yourself and others.
- **Practice good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

At this time... If you are planning an event or social gathering, I recommend the following measures to assist in this community wide public health effort to prevent infection and the spread of illnesses in our community:

- Have adequate amounts of soap and water available at all times to facilitate adequate and proper hand washing.
- Have alcohol-based hand sanitizers available as needed.
- Frequently clean surfaces that people touch.
- Encourage people that may be sick to stay home and not attend the event or gathering.

Prevention is our key message. Our goals are to prevent infections in Galveston County and to avoid spread to others. There is much each of us can do as individuals, and as a community, to protect ourselves and minimize any possible impact in our community. If you need any assistance please contact our Public Information Officer, Kurt Koopmann, at (409) 938-2211 or kkoopman@gchd.org.

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