

H1N1 Flu (Swine Flu) Information

PROVIDED BY THE GALVESTON COUNTY HEALTH DISTRICT



H1N1 flu has reached national headlines. The GCHD has been planning for the possibility of a pandemic for several years and offers the following information.

There are 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 are feverish, achy, have a dry, painful cough or sore throat, go home from school or work and call your health care provider. When you are sick, keep your distance from others to protect them from getting sick.
- A complete list of precautions can be found at www.cdc.gov/flu/protect/habits.htm.

A website has been developed to provide the public and health professionals with up-to-date information about H1N1 flu activities in Galveston County as well as general information about the disease and its

Prevention. The web site is located at

www.gchd.org

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 on our community

For more information

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