



San Benito County

HEALTH & HUMAN SERVICES AGENCY

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FOR IMMEDIATE RELEASE

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SWINE INFLUENZA HEALTH ALERT

Swine Influenza A (H1N1) is a new virus, but there is a treatment. San Benito County Public Health Division is working closely with the California Department of Public Health to address all concerns relating to the spread of this virus. There are things you can do to protect yourself including:

- Stay home when you are sick to avoid spreading illness to co-workers and friends, unless you are having respiratory distress, high fever, or a condition that warrants calling your personal physician.
- Keep children home if they are ill. Track their symptoms and contact your pediatrician if you have concerns.
- Avoid close contact with sick people.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.
- Develop a contingency plan for childcare in the event of school and/or daycare closure.

We ask that you share this information with those you come in contact with and encourage them to abide by these simple, yet extremely effective universal precautions. Public Health is here to serve as a resource for you and your staff. For more information on Swine Influenza please call us at (831) 637-5367.

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