

Health Alert

The Massachusetts Department of Public Health is working with the Centers for Disease Control (CDC) and state and local partners to increase surveillance activities for possible cases of swine flu cases in the Commonwealth. For the latest information in Massachusetts, please visit the states website at <http://www.mass.gov/dph/swineflu>

For additional information and latest updates on swine flu from the CDC, please visit their website at <http://www.cdc.gov/swineflu/>

Summary - What you can do to stay healthy

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Practice good "cough etiquette" by coughing or sneezing into a tissue, or into your elbow instead of into your hands.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to avoid infecting them.

Other Helpful Links

Preventing the Flu: Good Health Habits Can Help Stop Germs –

Fact Sheet

http://www.cdc.gov/flu/protect/habits.htm?s_cid=swineFlu_outbreak_internal_003

Taking Care of a Sick Person in Your Home

http://www.cdc.gov/swineflu/guidance_homecare.htm