



## FOR IMMEDIATE RELEASE

# Metro Health Departments Issue Information About Swine Flu

(April 30, 2009). Public health officials in the St. Louis metropolitan region are working with the CDC and the Illinois and Missouri health departments to investigate and understand what is happening with the swine flu outbreak. Investigations are focused on how this strain of flu is transmitted and how it can be prevented and controlled. Public health departments are coordinating efforts to assure that all local health agencies are unified in their approach to surveillance, prevention and control of the disease. Disease investigation efforts are being coordinated across city, county and state lines.

The signs and symptoms of swine flu in humans are similar to the signs and symptoms of regular flu and include: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

Public health officials recommend residents continue taking the following precautionary daily steps to keep from becoming sick:

- Wash your hands frequently and thoroughly with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Try to avoid close contact with sick people.
- If you get sick with the flu stay home from work or school and limit contact with others to keep from infecting them. **Avoid touching your eyes, nose and mouth.**

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