

HEALTH AWARENESS BULLETIN

Swine Flu is currently a health concern in other countries and in parts of our nation with the potential to involve additional areas. We in Michigan are at risk of being exposed to the virus, so; it is prudent to be informed and aware of information regarding this health concern.

Swine flu is a virus that is usually isolated to animals but can on rare occasions be transmitted from animals to humans and subsequently, between humans via the usual routes of exposure from infected persons, ie. inhalation, direct contact, and touching contaminated surfaces and objects. Swine flu symptoms are typical “flu-like” symptoms which may include fever, chills, fatigue, sore throat, and stiffness of the joints. Flu viruses can live on surfaces for several hours including door knobs, phone receivers, keyboards or towels that have just been touched by someone who is infected. Doing whatever you can to stay healthy and to keep your immune system strong are the best choices for reducing the likelihood of illness. The Center for Disease Control indicates that swine flu viruses are not transmitted by food.

This is not a time to be overly concerned, but it is a time to get informed, be prepared and to perform any and all prevention practices. Basic personal hygiene practices such as washing your hands or using hand sanitizers, covering your mouth when coughing or sneezing, avoiding touching your mouth, nose and eyes, avoiding contact with infected persons and staying away from others if you get sick, can go a long way toward keeping you – and your family – healthy. When possible, postponing travel to countries where the illness is more prevalent may be advised.

For further information, please see the following websites for the latest updates and prevention practices. For those without internet access, stay tuned to any form of media coverage or contact your health care provider for questions and additional information. The City of Southfield web page will be updated as further information or developments become available.

www.oakgov.com/health : Oakland County Health Dept. (Local information)

www.cdc.gov: Center for Disease Control – Federal Gov. (Nationwide).

Emergency Management/Safety Committee/OMB/Human Services

Dated: April 28, 2009