

TAKE THE FOLLOWING STEPS TO MINIMIZE THE SPREAD OF THE FLU VIRUS:

Anyone with influenza-like illness should stay home and not attend school or work, or go into the community, except to seek medical care for at least 7 days, and not before they have been symptom-free for 24 hours.

All persons should practice basic flu prevention measures including:

- ◆ Coughing and sneezing into tissues, which are promptly disposed of.
- ◆ If you don't have a tissue, cough or sneeze into your arm.
- ◆ Frequent hand washing with soap and water, or use of hand sanitizers (if soap and water are not available).
- ◆ Avoid close contact (within 6 feet) with sick people as much as possible.
- ◆ Avoid touching your eyes, nose or mouth - germs are spread this way.



The Centers for Disease Control (CDC) has indicated that manufacturers are currently working on vaccines that may help prevent the transmission of H1N1 flu virus. For updates visit my web site, padavan.nysenate.gov for a link to the CDC weekly flu update.

If you have any questions or concerns with regard to flu infection control please do not hesitate to contact me for more information or visit my website padavan.nysenate.gov for links to the New York State Department of Health and the Center for Disease Control.