



NEW YORK STATE SENATOR

Martin J. Golden

Helpful Information on the Swine Flu

MARTIN J. GOLDEN May 1, 2009

Dear Neighbor,

With recent news that swine flu has been confirmed in 10 different states, including New York, and that it may be spreading, the public is right to be concerned.

As with any illness, information is key. Therefore, I wanted to remind you that there are a number of useful web links you can visit to access the latest information on swine flu, including the New York State Health Department and the federal Center for Disease Control (CDC) sites. These links provide the public with up-to-date information from health professionals about swine flu, what to do if you are experiencing symptoms and what can be done to prevent the spread of this illness. I have included the links below.

It's also important for parents and their children to know that among other things, the CDC recommends washing hands; avoiding touching of the eyes, nose or mouth and staying home from work or school if you have become infected or believe you may be infected.

<http://www.cdc.gov/swineflu/>

http://www.health.state.ny.us/diseases/communicable/influenza//seasonal/swine_flu/

The New York State Health Department hotline is 1-800-808-1987.

As always, please contact a physician if you have any questions or concerns.

I thought that this information may be helpful to you at this time. It is an honor to serve as your State Senator.

State Senator