



NEW YORK STATE SENATOR

James L. Seward

Important Flu Information

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ONEONTA, 10/22/09 - Senator James L. Seward (R/C/I-Oneonta) today offered information concerning seasonal influenza and swine flu (H1N1).

"As with any illness, information is key," said Senator Seward. "Therefore, I want to remind you that there are a number of useful web links you can visit to access the latest information on seasonal influenza and swine flu, including the [New York State Health Department](#) and the federal [Centers for Disease Control \(CDC\)](#) sites. These links provide the public with up-to-date information from health professionals about the flu, what to do if you are experiencing symptoms and what can be done to prevent the spread of this illness.

"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," concluded Seward.

Important influenza links:

[New York State Department of Health](#)

[New York State Department of Education](#)

[Federal One-Stop Flu Site](#)

You may also call the New York State Department of Health hotline at 1-800-808-1987.

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