



BURNET COUNTY HEALTH ADVISORY

April 30, 2009

Novel Swine Influenza A Infections

Persons infected with swine influenza (swine flu) virus have been identified in southern California, Texas, Mexico City and Vera Cruz, Mexico. The Burnet County Health Authority continues to stay updated about the ongoing investigation of this new virus. Information about swine flu can be found on the CDC Website at:

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

The Burnet County Health Authority is providing the following recommendations for your employees and customers:

Practice healthy habits to stop the spread of germs

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- Use waterless alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing, using soap and water or an alcohol-based hand gel.

Seek medical care if you feel sick

- If you become sick with a fever plus a cough and sore throat or have trouble breathing, seek medical care right away. Tell your doctor if you have had contact with a sick person or farm animals while traveling.
- You should avoid further travel until you are free of symptoms, unless traveling locally for medical care.
- Stay home

After you return from Mexico

- Pay close attention to your health for 7 days.
- If you become sick with a fever plus a cough, sore throat or have trouble breathing, see a doctor. **Make sure you inform the doctor about –**
 - Your symptoms,
 - Where you traveled

Inquiries about swine influenza from the public can be directed to CDC at: 1-800-CDC-INFO or www.cdc.gov/flu/swine/index.htm. Please report any suspected infections to Dr. Jules Madrigal, local Health Authority for Burnet County, immediately at (830) 693-0555. Thank you.