

## **NewsFlash**

April 29, 2009

*From the Watertown Emergency Management Coalition (EMC):*

The Watertown Health Department and EMC members are in close touch with federal and state agencies regarding swine flu. Because the situation continues to change, we suggest that you visit these websites for the most current information.

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

[www.mass.gov/dph](http://www.mass.gov/dph)

A Fact Sheet and a booklet called “Flu: What You Can Do; Caring for People at Home” are available at the Town Hall outside the Controllers Office. You can also find these materials at:

[http://www.mass.gov/Eeohhs2/docs/dph/cdc/factsheets/swine\\_flu.rtf](http://www.mass.gov/Eeohhs2/docs/dph/cdc/factsheets/swine_flu.rtf)

[http://www.mass.gov/Eeohhs2/docs/dph/cdc/flu/flu\\_care\\_booklet.pdf](http://www.mass.gov/Eeohhs2/docs/dph/cdc/flu/flu_care_booklet.pdf)

Basic swine flu information is available by phone at 2-1-1.

The Health Department also recommends that you take the usual steps to stay healthy:

- Follow normal precautions to avoid germs.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Avoid close contact with people who are sick.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

### **If you have flu-like symptoms**

The most common flu symptoms are fever, cough, sore throat, body aches, chills and fatigue. Some people may also exhibit diarrhea and vomiting. If you have these symptoms:

- The CDC recommends that you stay home from work, school, and errands to help prevent others from catching your illness.
- Follow normal flu-care procedures. The care you provide for someone who is sick with swine flu is the same as when someone is sick with seasonal flu. The websites above and the Flu Care at Home booklet will help you decide when to contact your physician.

*This NewsFlash will be updated as needed.*