

# *Corsicana - Navarro County Public Health District*

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April 27, 2009

To the residents of Corsicana/Navarro County,

As the Public Health Authority for Navarro County, I strongly urge you to help us prevent the spread of the swine flu. I have listed below some steps you can take as precautions.

Be alert for signs of illness in your household, such as fever, loss of appetite, fatigue, sore throat, coughing, runny nose, stomach ache (nausea), vomiting, and diarrhea. If someone gets sick, the best advice is to stay home to prevent spreading flu to the rest of the community. If one person in your household is sick, all household members should stay home as well. You should also contact your doctor or health care providers for advice should these symptoms develop.

Hand washing is known to be a very effective way of preventing the spread of swine flu as well as many other diseases. A good way to wash hands is to use soapy water and wash all surfaces of hands and also between the fingers and the backs of the hands. I would recommend that everyone wash their hands for at least 20 seconds. If you are not near water, you should use an alcohol-based hand cleaner. Be sure to let the hand cleaner dry completely.

Another effective way to prevent the spread of disease is to cover coughs and sneezes by either using the crook of your elbow or using a disposable tissue. If you use a disposable tissue, it is wise to wash your hands after you properly dispose of the tissue.

For general questions in relation to Swine Flu, contact the toll free number at 1-888-777-5320.

At this time we have no confirmed cases of Swine Flu in Corsicana / Navarro County. Local city and county officials will continue to monitor conditions locally as well as information from state and federal agencies.

Sincerely,



Kent Rogers, M.D.

Medical Director

Corsicana - Navarro County Public Health District