

April 28, 2009



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## Swine Flu Facts and Prevention Tips

As several swine flu cases have been reported in our State and in our neighboring State of New York, I wanted to share important information for you and your family from the Centers for Disease Control and Prevention (CDC) regarding swine flu.

Visit [http://www.cdc.gov/swineflu/key\\_facts.htm](http://www.cdc.gov/swineflu/key_facts.htm) for more information.

### What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- 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 hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### Office Locations

#### District Office

425 North Avenue East  
Westfield, NJ 07090  
Phone: (908) 518-7733  
Fax: (908) 518-7751

#### Washington, D.C. Office

114 Cannon HOB  
Washington, D.C. 20515  
Phone: (202) 225-5361  
Fax: (202) 225-9460

#### District Office

23 Royal Road, Suite 101  
Flemington, NJ 08822  
Phone: (908) 788-6900  
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