



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

FOR IMMEDIATE RELEASE

April 29, 2009

Contact Number

863-674-4041, ext.117

There are a few things you can do to help prevent infection, or the spread of swine flu.

- Wash your hands often with soap and water
- Don't touch your face (eyes, nose, mouth, ears)
- Get enough sleep, eat healthy, exercise and drink plenty of fluids
- Avoid close contact with people who are sick

If you are sick:

- Stay home from work/school/daycare.
- Cover your nose and mouth when sneezing or coughing
- Wash your hands often, especially after sneezing or coughing
- Limit your contact with other people
- Call your health care provider

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

For more information: www.cdc.gov/swineflu/

###

Hendry And Glades County Health Departments

Olympia

Patricia K. Dobbins, R.N. M.S. /H.S.A

Administrator

PO Box 70 (1140 Pratt Blvd.)

LaBelle, Florida 33975

863-674-4041

1100 S.

Clewiston, Florida 33440

863-983-1408

PO Box 489

956 US Hwy 27 SW

Moore Haven, Florida 33471

863-946-0707
