

# MACON COUNTY EMERGENCY MANAGEMENT AGENCY

## JOINT INFORMATION CENTER

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## FOR IMMEDIATE RELEASE April 27, 2009

#### **COUNTY TAKES MEASURES TO ADDRESS SWINE FLU CONCERNS**

Decatur, IL- In response to concerns from the federal government regarding the outbreak of swine flu, Macon County officials are encouraging residents to take measures to prevent the spread of the disease. At this time, there are **NO** confirmed cases in Illinois.

Swine flu is a respiratory disease caused by the influenza A Virus and is transmitted person to person. Swine flu is not transmitted by eating pork or pork products. Symptoms are similar to seasonal flu and include:

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur

If you are experiencing flu-like symptoms **and** have had contact with someone who has been diagnosed with swine flu or have been to Mexico or one of the states with confirmed cases within seven days of onset of symptoms, please contact your doctor or health care provider immediately.

The following are every day actions that persons can do to stay

healthy and help prevent the spread of swine flu:

- 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 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, you should stay home from work or school and limit contact with others to keep from infecting them.

For the latest information on human cases of swine influenza A (H1N1) in the United States, click on the following link from Centers for Disease Control and Prevention (CDC)

http://www.cdc.gov/swineflu/index.htm or from the Illinois Department of Public Health at <a href="http://www.idph.state.il.us/flu/swine\_flu.htm">www.idph.state.il.us/flu/swine\_flu.htm</a>.

Both hospital and the Macon County Health Department have made preparations to address swine flu if a case should arise in the community. City and County officials will continue to monitor the situation and keep the public updated with the latest information. If you have any questions, you may also call the Macon County Health Department at (217) 423-6988.

For more information, please contact:

Debra Durbin RN BSN MS
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Macon County Health
Department
(217) 423-6988 ext: 1320

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