



## Allen County Health Department

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## For Immediate Release

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## Swine Flu in Ohio

**LIMA** – The Allen County Health Department is working with state, regional, and local partners to remind local residents of the precautions they should take to avoid exposure to the new strain of swine flu.

“Allen County residents should be alert and observant about this new flu,” says Allen County Health Commissioner David Rosebrock, MPH. “We have notified local hospitals and physicians to watch for patients with flu-like symptoms and any history of travel to Mexico or affected counties in Southern California or Texas during the 7 days preceding their illness.”

Symptoms of this swine flu resemble seasonal flu: fever, weakness, coughing and lack of appetite. Nausea and vomiting may also be symptoms. If people have these symptoms and have traveled to any of the affected areas, health department officials encourage them to see their family doctor.

The best defense for the general public is to take measures that stop the spread of germs and prevent respiratory illnesses like the flu. Recommendations from the Centers for Disease Control and Prevention (CDC) include:

- Wash your hands often.
- Avoid touching your eyes, nose or mouth – one of the easiest ways for germs to spread.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Stay home if you are sick.
- Avoid close contact with people who are sick.
- Practice other good health habits – keep yourself healthy by getting plenty of sleep, being physically active, eating nutritious foods, and drinking plenty of fluids.

Since this is an on-going investigation and information may change rapidly, we will be closely following national and state developments and keeping local residents informed. More information is available on their websites:

<http://www.cdc.gov/swineflu/> (CDC) and [www.odh.ohio.gov](http://www.odh.ohio.gov) (Ohio Department of Health).

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