

Swine Flu

Stay up to date with CDC

Over the weekend you no doubt heard news about the new Swine Flu strain that has made its way across the border into the U.S. As of this morning confirmed cases can be found in: Texas, California, New York City, Kansas and Ohio. Several states are currently investigating possible cases.

In the interest of disseminating the most accurate and up to date information available to you and your staff, we recommend that you visit the [Centers for Disease Control \(CDC\) website](#). The CDC website also has a [Swine Flu Question and Answer Document](#) that is continually being updated.

This flu, like others, is transmitted from person to person and through the air. As in all cases of infection control, personal hygiene is of utmost importance.

Practice healthy habits to help stop the spread of influenza

- Wash your hands often with soap and water. This removes germs from your skin and helps prevent diseases from spreading.
- Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in a wastebasket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands after coughing or sneezing, using soap and water.
- Avoid touching your eyes, nose or mouth.

CDC is testing to determine the exact nature of the virus. We are not aware of any germicide with claims against this strain, but as a preventative measure, we recommend increasing the frequency of cleaning using a hospital grade germicidal detergent and focusing on high touch surfaces.

In an effort to keep you abreast of the most relevant information, please visit the above website which is being updated daily. I feel this will be helpful to you and your staff as the situation further develops.