

To Our Valued Residents,

There have been many discussions and stories in the news recently about a major flu breakout commonly referred to as H1N1 Swine Flu.

It is important to understand at this time that U.S. Health Officials are proceeding along a pre-planned course of action to combat this outbreak and are monitoring information from both the World Health Organization and the Centers for Disease Control.

Maine Township, like our federal partners have also been working diligently since last weekend to insure that we are prepared to handle any situation that develops because of this outbreak.

We therefore suggest to utilize the following guidelines to help protect you and your family from developing symptoms.

Preventing the Flu: Good Health Habits Can Help Stop Germs

The **single best way to prevent flu is practice good health habits** like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu.

- 1. Avoid close contact.**
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.**
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- 3. Cover your mouth and nose.**
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean your hands.**
Washing your hands often will help protect you from germs.
- 5. Avoid touching your eyes, nose or mouth.**
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.**
Get plenty of sleep, be physically active, manage your stress, and drink plenty of fluids, and eat nutritious food.

If you or your family develops any flu symptom, contact your local doctor.

For additional information you can call: **Cook County Department of Public Health's swine flu hotline at: 708-492-2000.**