



LaPorte County Health Department

(219) 326-6808, Ext. 2200
(219) 874-5611
Fax: (219) 325-8628

Government Complex
809 State Street – Suite 401 A
LaPorte, Indiana 46350-3385

Charles Janovsky, M.D., Health Officer
Paul E. Trost, Administrator

PRESS RELEASE

Clean Hands and Proper Sneezing & Coughing

LaPorte County, IN (October 4, 2009) - "It's just basic stuff...but that doesn't make it less important," Dr. Charles Janovsky, Health Officer for the LaPorte County Health Department, said. "It sounds so basic and obvious—something most of us were taught when we were young, but it's something we all maybe forget as we get older."

The basic stuff Dr. J is talking about includes washing our hands. The proper way to wash hands and prevent the spread of the H1N1 virus as well as other communicable diseases is this:

- Use enough soap to get "bubbles"
- Wash between fingers, under nails and around the cuticles
- Wash long enough to sing "Happy Birthday" twice
- Rinse well and dry thoroughly

"The other basic things we can all do to protect ourselves and one another," said Janovsky, "is to sneeze and cough into the crook of our sleeved elbow or down into the front of our shirt if we don't have a tissue ready in time. That prevents the droplets of moisture...full of germs...to be propelled into the air and potentially into someone else's eyes, nose or throat."

Paul Trost, Administrator of the Health Department, said, "As important as the vaccine is, these basic safety precautions are at least equally important."

Vaccination is, of course, a vital component of basic health safety, Trost said, and the Health Department strongly encourages LaPorte County residents to get both the seasonal flu vaccine which is currently available and the novel H1N1 flu vaccine when it becomes available later this month.

The Health Department has launched their H1N1 Vaccine awareness campaign through their website, www.laportecounty.org, and through print advertisements, billboards, radio and local access television advertisements, brochures and posters. Local radio stations will soon air discussions with Trost and Joanne Hardacker, Nursing Supervisor.

Questions about seasonal and H1N1 vaccines and other flu concerns may be directed to the LaPorte County Health Department at 219/326-6808 X2200 or sent via email to H1N1@laportecounty.org. Visit the Health Department's website at www.laportecounty.org and click on "current local flu information."