



## LaPorte County Health Department

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# PRESS RELEASE

## CLEAN...COVER...CONTAIN

**LaPorte, IN** (October 22, 2009) - The LaPorte County Health Department says that something everyone can do to help prevent the spread of influenza is to Clean, Cover, Contain: Clean your hands thoroughly and frequently, Cover your cough and sneeze, and Contain your germs by staying home if sick.

Paul Trost, Administrator of the Health Department, said, "These self-care actions will help keep families and individuals healthy. We strongly encourage everyone to practice these measures."

- **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.
- **Stay home when you are sick.** Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. 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.** Washing your hands and the hands of your children often will help protect you from germs.
- **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.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

"There is no vaccine available at this time for the current outbreak of the H1N1 flu virus," said Trost, "so it is important for people to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Healthy residents living in these areas should take the everyday preventive actions listed above."

The Health Department says that, if flu patients exhibit any of the following symptoms, they should seek medical care:

In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Questions about the H1N1 vaccine should be directed to the LaPorte County Health Department at 219/326-6808 X2200 or by email to [H1N1@laportecounty.org](mailto:H1N1@laportecounty.org). Visit the website at [www.laportecounty.org](http://www.laportecounty.org) and click on "current local flu information" just beneath the waving flag.

Questions about the content of this press release should be directed to the LaPorte County Health Department using above contact information.. Technical questions about the press release (PDF) received via email should be directed to JK Enterprises at [jkostielney@csinet.net](mailto:jkostielney@csinet.net).