



# News You Can Use

*Chesterfield County, Virginia*

May 2009

This is one in a series of information papers for members of the Chesterfield Citizens Emergency Response Team (CERT) program. These tips are meant for your personal use, and for you to use in your role as a CERT Volunteer in your community. News You Can Use comes from a variety of professional emergency services agencies. This information comes from the Centers for Disease Control (CDC).

## ***Taking Precautions With Swine Flu*** **Reliable Information and Common Sense**

In light of reports of swine flu in the United States, it is recommended that citizens – and especially CERT members – remain informed and take basic precautions in helping to contain the outbreak. Because the situation changes rapidly, the most up-to-date and reliable source of information about swine flu is the Centers for Disease Control at <http://www.cdc.gov/swineflu/>. When in doubt about what you hear, rely on the CDC. In the meantime, there are everyday, common sense actions people can take to stay healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Then throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners also are effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Persons in home isolation and their household members should be given infection control instructions: including frequent hand washing with soap and water. Use alcohol-based hand gels (containing at least 60% alcohol) when soap and water are not available and hands are not visibly dirty. When the ill person is within 6 feet of others at home, the ill person should wear a face mask if one is available and the ill person is able to tolerate wearing it.

### **Neighbors Helping Neighbors**

***Chesterfield County's CERT Program is sponsored by the Chesterfield Emergency Planning Committee-Chesterfield Citizens Corps Council. For more information, see our web page at [www.chesterfield.gov/cert/](http://www.chesterfield.gov/cert/) or contact Jon R. Donnelly, CERT Program Coordinator, at 804-320-2165 or [jondon42@verizon.net](mailto:jondon42@verizon.net).***

