



**CECIL COUNTY  
HEALTH  
DEPARTMENT  
401 BOW STREET**

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**HEALTH DEPARTMENT RECOMMENDS ACTIONS TO STAY  
HEALTHY AND AVOID SWINE FLU**

April 29, 2009 - Human cases of swine flu have been identified in several states in the U.S. The federal Centers for Disease Control (CDC), the Maryland Department of Health and Mental Hygiene, and local health departments are monitoring this outbreak closely. Cecil County Health Department is also working with Union Hospital, Cecil County Government, local health care providers, and other human service agencies to prepare for the possibility of swine flu in the county. "Working together with our partner agencies, local physicians, and the public is critical to an effective public health response to swine flu in Cecil County," says Health Officer Stephanie Garrity.

To date, there are no known cases of swine flu in Maryland, Delaware or Pennsylvania and there are no known threats from any individual who might have traveled to and from the state in recent weeks.

Swine flu, like seasonal flu, appears to spread from person to person. The symptoms of swine flu are no different from common seasonal flu. These symptoms could include fever, body aches, extreme tiredness, sore throat and dry cough. Any individual experiencing symptoms is asked to exercise the following common sense precautions to avoid infecting others:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after each use. Alcohol-based hand cleaners are also effective. Avoid touching your eyes, nose or mouth - germs spread that way.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home if you are sick and avoid contact with other people to protect them from catching your illness.

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*Healthy People, Healthy Community, Healthy Future*

ADMINISTRATION	410-996-5550	COMMUNITY HEALTH SERVICES	410-996-5100	SPECIAL POPULATIONS	
ALCOHOL & DRUG CENTER	410-996-5106	ENVIRONMENTAL HEALTH		MENTAL HEALTH C.S.A.	410-996-5112
OFFICE OF EPIDEMIOLOGY		SERVICES	410-996-5160	TTY USERS FOR DISABLED:	
& EMERGENCY PREPAREDNESS	410-996-5113	HEALTH PROMOTION	410-996-5168	MARYLAND RELAY	800-201-7165

HEALTH DEPARTMENT Toll Free 877-334-9985

There are everyday actions people can take to stay healthy.

- 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 with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth - germs spread that way.

Garrity encourages Cecil County residents to follow the recommendations above to minimize the spread of swine flu in the community. “If all of us follow the CDC’s recommendations, we will slow and possibly halt the spread of the virus. If you have flu-like symptoms and are worried that it may be swine flu, stay home and call your doctor before going to the Emergency Department or to the doctor’s office to prevent others from being exposed.”

For more information, please call your health care provider, check the Health Department’s web site - [www.cecilcountyhealth.org](http://www.cecilcountyhealth.org), or call the Health Department’s information line at 410-996-1005.

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