



**PIMA COUNTY HEALTH DEPARTMENT**  
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FOR IMMEDIATE RELEASE

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**SWINE FLU UPDATE FROM  
THE PIMA COUNTY HEALTH DEPARTMENT**

Tucson, Arizona – April 28, 2009 – The Pima County Health Department continues to carefully monitor the cases of Swine Flu nationwide. Although the number of cases in the United States has grown to 64, at the present time, there are no suspected or confirmed cases in Pima County or Arizona.

Below are some individual steps everyone can take to prepare for and respond to the Swine Flu should they or someone in their family becomes ill:

- **STEPS TO HELP PREVENT** – wash hands often and thoroughly – sing happy birthday twice; cough or sneeze into the elbow or sleeve; use a tissue, throw it away and then wash your hands; avoid touching your eyes, nose or mouth; skip the light kiss on the cheek when greeting your old friend
- **STAY HOME** – if sick stay home from work or school
- **CALL FIRST** – call your doctor, primary care provider, urgent care center, emergency room BEFORE you leave the house
- **MAKE A PLAN** – make a plan on what you and your family are going to do if the babysitter is ill; your child is ill; you have to stay home to take care of someone who is ill; what you will do if the schools close and you still have to go to work.

Businesses should begin to look at their continuity of operations plans and make some decisions on what actions they will take should staff begin to call in sick. Some questions to consider: what will the trigger be to shut down operations; can employees work from home; how long can we operate on a skeleton crew; can we move furniture or staff to increase the distance between work stations (social distancing) to reduce the potential for exposure; who can take over for me if I become ill?

-More-

Some general information that may be of use:

- There is no swine flu vaccine nor is there a cure
- Health Department clinics do not provide primary care. If ill, you need to first call your primary care provider (family doctor) before going to the office and discuss what your symptoms are so the staff there can respond appropriately.
- Currently in the United States, there are no recommendations for the wearing of masks similar to that occurring in Mexico
- The recommendation regarding travel remains the same – avoid unnecessary travel to Mexico

Sign up to received Health Department Twitter alerts by logging onto [www.pimahealth.org](http://www.pimahealth.org) or see the website for further information.

Go to [www.myalerts.mystateusa.com](http://www.myalerts.mystateusa.com) to register for emergency messages and other vital public safety information. This is free service is provided through a regional collaborative effort from your emergency management and homeland defense agencies.

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