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## Information Sheet on Swine Flu – now known as influenza A(H1N1)

30 April 2009 -- From today, The World Health Organization (WHO) will refer to the new influenza virus as **influenza A(H1N1)**.

From the Charlottesville City website: “The most important precaution is for people to become very familiar with what they should be doing to protect themselves and their family members as this health threat evolves in the days and months ahead. The Centers for Disease Control (CDC) has prepared guidance on everyday actions to stay healthy, and the CDC website [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) is the most trusted website for accurate, timely information as this situation unfolds.”

### International and National Information Centers:

Centers for Disease Control – website: [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) 800-CDC-INFO  
(800-232-4636), TTY: (888) 232-6348, 24 Hours/Every Day  
Spanish - [http://cdc.gov/swineflu/espanol/swine\\_espanol.htm](http://cdc.gov/swineflu/espanol/swine_espanol.htm)

World Health Organization – website: <http://www.who.int/en/> + 41 22 791 21 11  
Facsimile (fax): 41 22 791 31 11

### State Information Contacts:

Virginia Department of Health – website: <http://www.vdh.state.va.us/>  
Public Information Hotline 1-877-ASK-VDH3 or 1-877-275-8343.

### Local Information Contacts:

Dr. Lilian Peake, Thomas Jefferson Health District, 434- 972-6232

Carol Wood, University of Virginia, office: 434.924.6189

Ric Barrick, City of Charlottesville, office 434-970-3129

Lee Catlin, Albemarle County, office 434-296-5841

Charlottesville - website: <http://charlottesville.org/>

Albemarle County - website: <http://albemarle.org/>

## **UPDATE ON LOCAL SWINE FLU SITUATION (4.30.09):**

In response to significant interest resulting from the rapidly evolving swine flu outbreak across the country and internationally, local government and health care officials from the region along with staff from the Thomas Jefferson Health Department are implementing a community-wide public information plan to insure that accurate and timely information and guidance is available to the media and the public. Officials have been meeting this week to ready the community for a possible flu outbreak in Central Virginia to minimize the affect on the community including our schools, health facilities and public offices.

While there has not yet been any swine flu cases confirmed in Virginia as of this morning, state health department officials do expect the virus to spread and believe that there is substantial possibility that cases will be confirmed in Virginia before long.

There is currently no cause for alarm in our community, but local officials are addressing the possibility of an outbreak with an abundance of caution, and are encouraging local residents to take reasonable precautions given the situation. As the situation develops, additional information of local interest will be shared with the public as soon as it is confirmed for accuracy by public safety officials.

The most important precaution is for people to become very familiar with what they should be doing to protect themselves and their family members as this health threat evolves in the days and months ahead. The Centers for Disease Control (CDC) has prepared guidance on everyday actions to stay

healthy, and the CDC website [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) is the most trusted website for accurate, timely information as this situation unfolds –

Swine flu is believed to be spread through human to human transmission, so simple prevention measures can be of great help. They include:

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.

Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Avoid touching your eyes, nose or mouth, as germs spread that way.

Try not to touch surfaces that may be contaminated with the flu virus.

Try to avoid close contact with sick people.

If you get sick, CDC strongly recommends that you stay home from work or school and limit contact with others to keep from infecting them. The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills, and fatigue. Early treatment is the key to preventing more serious secondary bacterial infections, so you should not delay in calling your physician if you are experiencing these symptoms.