

Otter Tail County Public Health and Swine Flu and You

Otter Tail County Public Health is working very closely with local, state, and national partners, including the Centers for Disease Control and Prevention (CDC), Minnesota Department of Health (MDH), other state agencies and the health care community to monitor and prepare for cases of influenza.

Otter Tail County Public Health and MDH have been preparing for major public health threats for years. Minnesota was the first state in the nation to have a completed pandemic flu plan. We are ready to respond.

The best thing Otter Tail Residents can do is practice the usual steps for preventing the spread of germs:

- Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with your sleeve when coughing or sneezing. It may prevent those around you from getting sick.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Wash your hands often to protect yourself 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. Keep yourself strong – and more resistant to disease – by getting plenty of sleep, staying physically active, managing stress, drinking plenty of fluids and eating nutritious food.
- If you have a fever, cough, sore throat, and/or a runny nose, call the *Minnesota Department of Health Hotline at 1-800-657-3903* or *your health care provider* to see if you should seek medical attention.

Please keep in mind that eating pork does not place you at risk for this new strain of influenza.

Recommended websites for further information:

<http://www.cdc.gov/swineflu>

http://www.cdc.gov/swineflu/guidance_homecare.htm

<http://minnesota.publicradio.org/display/web/2009/04/30/midday2/>

www.codeready.org