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H1N1 Flu (Swine Flu) Update

May 1, 2009

Because the outbreak of swine flu is a topic of concern, we want to assure you that we are monitoring the situation and communicating with government agencies and local schools to provide guidance for the community. Park District programs will continue as scheduled, but we are taking reasonable precautions and may postpone or cancel events if necessary. In the meantime, it is important that everyone remain calm and follow suggested actions to prevent illness.

The flu is believed to spread mainly person-to-person through coughing or sneezing of infected people. Symptoms of swine flu are very similar to other flu symptoms: fever (usually high), headache, dry cough, extreme fatigue, sore throat, runny or stuffed nose, muscle aches and stomach symptoms. If you observe these symptoms in your family, keep the affected person at home and call a doctor. To stay healthy and flu-free, the Centers for Disease Control (CDC) suggest the following actions:

1. Avoid close contact with people who are sick.
2. Stay home if you are sick, and keep sick children at home.
3. Cover your mouth and nose with a tissue when coughing or sneezing.
4. Wash your hands often with soap and water.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits— drink fluids, get plenty of sleep and manage stress.

We ask for your assistance in maintaining a safe and healthy environment. Please keep children at home if they exhibit flu symptoms.

For more information, visit the following websites:

CDC (www.cdc.gov/swineflu/)

Cook County Department of Public Health (www.cookcountypublichealth.org/)

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