

2009 H1N1 Flu Virus

The 2009 H1N1 flu strain is a contagious virus that is reported to be spreading from human to human. The Centers for Disease Control and Prevention (CDC), state health agencies, and local health departments are working together to investigate the situation as well as prepare for a response to this new virus.

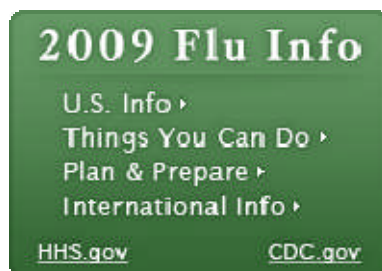
Individuals can best protect themselves and their families by following these actions:

Stay Informed:

Visit the Kansas Department of Health and Environment (KDHE) to learn about what is going on in Kansas: <http://www.kdheks.gov/H1N1/>

A toll free number has been established by KDHE to answer questions. Call 1-877-427-7317 for general information, 8:00 a.m. – 5:00 p.m., Monday through Friday.

Visit the U.S. Department of Health and Human Services web sites:



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scrolling="no" height="160" width="198" marginheight="0" marginwidth="0" >Swine Flu Info</iframe> </noscript>
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Take Everyday Actions 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.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Follow Public Health Advice:

Be sure to follow the advice of any announcement from the Barton County Health Department. www.bartoncounty.org/health/index.htm

Develop a Family Emergency Plan and prepared an Emergency Supply Kit:

Individuals should always **Prepare, Plan and Stay Informed.**

Visit: www.ready.gov and learn more about how to prepare for any emergency.

