

SWINE FLU UPDATE

The New Jersey Department of Health and Senior Services (NJDHSS) is working closely with local health departments in providing updated information in this rapidly evolving situation. Statewide surveillance of influenza activity has been stepped up and guidance has been sent out to physicians to report any ill person who meets the required clinical and epidemiological criteria.

Local health departments are working with health care providers in looking for clusters, which is defined as two or more individuals with symptoms onset within 7 days of each other residing in the same household or are associated with the same school, business or travel spot.

All patients with suspected influenza illness are to be instructed by their health care provider to stay at home until their symptoms are resolved, to wash hands frequently, cough into a tissue and dispose of tissue in trash.

Steps to decrease one's chance of catching the flu:

- Wash hands thoroughly with soap and water
- Avoid touching your face, nose and eyes
- Properly cover your coughs and sneezes
- Stay home and keep children home if they are sick

Call your health care provider if you have symptoms such as:

- Fever greater than 100 degrees F
- Lack of appetite
- Cough
- Fatigue
- Headaches and/or body aches
- Sore throat
- Any nausea, vomiting or diarrhea

Take this opportunity to review and update your family emergency plans

For more information please visit the CDC website at cdc.gov/swineflu or nj.gov/health or call the toll free hotline 1-866-321-9571