



Lake County

Health Department and
Community Health Center

For Immediate Release

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Health Department Activates Swine Flu Hotline in English and Spanish

The Lake County Health Department/Community Health Center has activated a Swine Flu Hotline for county residents to obtain more information on swine flu, including the signs and symptoms and how to remain healthy. The Swine Flu Hotline number is: (847) 377-8350. Information is provided in both English and Spanish.

“Although no cases of the swine flu have been confirmed in Lake County, or in Illinois, we want to provide residents with reliable information,” said Irene Pierce, the Health Department’s Executive Director. “In addition, practicing good health habits will help promote health within our communities.”

The Health Department urges residents to protect their health, and the health of those around them by practicing good health habits. These healthy habits can help prevent any type of flu:

- **Avoid close contact:** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick:** Stay home from work, school, and errands when you are sick. Keep sick children at home. You will help prevent others from catching the illness.
- **Cover your mouth and nose:** Cover your mouth and nose with a tissue when coughing or sneezing. Cough into the crook of your elbow. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.
- **Wash your hands often:** Washing your hands and the hands of your children often will help protect you from germs. Use alcohol sanitizer as well.

- **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:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

There is no vaccine available at this time for the current outbreak of the Swine Flu virus, so it is important for people living in the affected areas to take steps to prevent spreading the virus to others. If people are ill, they should stay at home and limit contact with others, except to seek medical care. Healthy residents living in these areas should take the everyday preventive actions listed above.

People who live in these areas who develop an illness with fever (101 or higher) and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. Their health care provider will determine whether influenza testing is needed.

Additional information is available from the Centers for Disease Control in English: <http://www.cdc.gov/swineflu/> or in Spanish: http://www.cdc.gov/swineflu/espanol/swine_espanol.htm and from the Illinois Department of Public Health: <http://www.idph.state.il.us/>

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