

Delaware General Health District

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NEWS RELEASE

ILL PERSONS SHOULD AVOID TRAVEL TO PREVENT SPREAD OF FLU

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FOR IMMEDIATE RELEASE

For further information contact Jesse Carter, public information officer, at 740-203-2085.

DELAWARE, Oh., Nov. 24, 2009 – Traveling over the Thanksgiving weekend? Don't spread the H1N1 flu while you go.

The Centers for Disease Control and Prevention is urging all travelers to follow this advice to help limit the spread of H1N1 flu:

- Do not travel if you are not feeling well. If you do, you run serious risks of infecting others at every stop on your trip.
- Get immunizations against H1N1 flu and seasonal flu if you are in the priority groups.
- Wash your hands often with warm water and soap. Use hand sanitizer when a sink is not available.
- Cover up coughs and sneezes with your sleeve or a tissue.

“By practicing these proven common sense prevention methods, you and those around you will have a better chance to enjoy the long holiday weekend. Remember, it is everyone's job to help prevent the spread of flu,” said Delaware Health Commissioner Frances M. Veverka MPH R.S.

The Delaware General Health District will conduct H1N1 immunization clinics for specified high-risk groups on Tuesday and Wednesday from 10 a.m. to 3 p.m. at the Delaware County Fairgrounds. For more information, log on to www.delawarehealth.org or phone 740-203-2015 or 2-1-1.