

# Influenza pandemic

## tips for public

The Broward County Health Department in Florida quickly issued public health recommendations when the novel H1N1 influenza virus outbreak first reached the United States. The county had no cases at that time, but issued these recommendations on how to prevent transmitting or becoming infected with the flu:

- People with respiratory illness should stay home from work or school to avoid spreading infections, including influenza, to others in the community.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose, and mouth.
- Wash hands frequently to lessen the spread of respiratory illness.
- People experiencing cough, fever, and fatigue, possibly along with diarrhea and vomiting, should contact their physician/health care provider.
- Cough or sneeze into a tissue or into your upper sleeve, not your hands and put your used tissue in the waste basket.
- If you think you have influenza, please call your health care provider and discuss whether you need to be seen.

The county also advised the public that swine influenza viruses are not transmitted by food, and the infections spread from person to person.