

The City of Port Arthur Responds to the Swine Flu Outbreak

The City of Port Arthur is being proactive in providing information regarding the Swine-Origin Influenza A developments. We want to bring awareness to the seriousness of the situation and ask that citizens take the necessary medical precautions when experiencing flu-like symptoms, or, when around others who exhibit those symptoms. We plan to update our city's website in order to provide information on a continuous basis.

The City's Health Department wants to assure our community that we are actively involved in the response efforts for the Swine-Origin Influenza A (H1N1) outbreak. Although Texas has reported confirmed cases of swine flu, currently, there are **no** confirmed cases in the city of Port Arthur.

Symptoms of swine flu in people are similar to those of regular or seasonal flu and include fever, fatigue, lack of appetite and coughing. Some with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Influenza is thought to spread mainly from person to person through coughing or sneezing of infected people. There is no vaccine for the swine flu; however, antiviral medications are available by prescription from your healthcare provider. If you get sick, the Centers for Disease Control and Prevention (CDC) recommends that you **stay home** from work or school and **limit contact** with others to keep from infecting them.

The City's local response includes daily conference calls with the Department of State Health Services and other state and federal agencies; continued contact and information sharing with medical providers, local hospitals, school districts, and local emergency management. Precautionary guidelines have also been sent to local day care centers, churches, and community service organizations. Your local Health Department also serves as an information source for the community and is prepared to answer any questions you may have.

The City of Port Arthur Health Department recommends that the public should follow **standard precautions** to reduce the spread of any respiratory illness.

- If you or your loved one have any influenza-like symptoms, please call your medical provider's office for an appointment immediately.
- **Remember the 3 C's:**

CLEAN: Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner or sanitizer.

COVER: Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? The crook of your elbow will do.

CONTAIN: Contain germs by staying clear of others who are sick. If you do get sick, stay at home until you are well again, so you don't spread more germs. Keep surfaces clean by wiping them down with a household disinfectant.

The City's Health Department is available to answer your questions at (409) 983-8871 or (409) 983-8862. The Department of State Health Services has also set up a toll free number for the public at 1-888-777-5320; health care providers can call 1-877-623-6274.