

Red Cross Offers Tips to Combat Swine Flu

The American Red Cross is monitoring the developing situation with the swine flu (H1N1 flu) outbreak and is in close contact with federal and state officials, including the Centers for Disease Control and Prevention (CDC) and the Department of Homeland Security.

Now is a good time for families, businesses and organizations to follow good public health practices and to review and update their preparedness plans.

- **Common sense basic public health practices should be followed**, including covering your cough/sneeze with a tissue, frequent hand-washing, visiting a doctor for flu-like symptoms, and staying home when sick.
- **Stock extra food, water and supplies at home**, reducing the need to go out should this swine flu strain become more widespread and schools or businesses temporarily close.
- **Store a two-week supply of food, water and household necessities** such as laundry detergent and toilet paper. A gallon of water per person per day should be stored in clean plastic containers. Family preparation steps should also include storing formula for infants, food for special nutritional needs, essential medicines and medical items, and extra food for pets.
- **If you or someone in your household becomes sick, decide how the person will be cared for ahead of time.** Talk about how giving care during the swine flu outbreak will be different from other times when a family member gets sick. Talk about how you or someone else in the household would handle staying home from work, school, or other activities to give or receive care.



The American Red Cross and its chapters will continue to work with government officials on the swine flu issue and stand ready to help as appropriate. The American Red Cross is committed to maintaining the blood supply for the public, to educating the public on preparedness and safety, and to ensuring that we can continue to provide disaster services to those in need.

Contact a health care provider if you have any questions about specific symptoms. Visit www.cdc.gov or call 1-800-CDC-INFO for more information.