

H1N1 Virus

Sarasota County reports 12 cases of H1N1 virus (also known as swine flu) in the county, two of which resulted in fatalities. While there is no reason for undue alarm it is good to keep in mind the State Surgeon General's recommendations:

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.

If you think you have influenza, please call your health care provider and discuss whether you need to be seen in their office, emergency department or stay home.