

## **A Message from Dr Terrill of Sawtooth Mountain Clinic**

What you need to know about the H1N1 Novel (swine) flu:

Basic facts about H1N1 Novel (Swine) flu, according to the Centers for Disease Control

--Symptoms include fever, body aches, chills, fatigue, cough, headache, sore throat. If you develop any of these symptoms.....call Sawtooth Mountain Clinic to speak with the triage nurse.

--Swine flu, officially known as H1N1 novel influenza, is a virus that is spread the same way other viruses are spread. You can't get it from handling or eating pork, and the virus only lives for a short time on objects that were handled by sick people.

--There is no vaccine to prevent this particular strain of flu. Antiviral drugs, such as Tamiflu, are effective, but doctors are urging people not to take them as a preventative measure so there will be enough to go around in the event of widespread infection.

--If you develop flu-like symptoms, call Sawtooth Mountain Clinic at 387-2330. A nurse will speak with you, determine the urgency of the situation, and arrange for you to be seen as appropriate.

Take these everyday steps to protect your health:

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Avoid touching your eyes, nose or mouth. Germs spread this way. Try to avoid close contact with sick people.

Do not go to work or school if you are sick. CDC recommends that you limit contact with others to keep from infecting them.

If you are sick, do not go to work or school.

If you have general questions about H1N1 Novel (swine) flu there are several good sources of information on the internet.

Centers for Disease Control -- <http://www.cdc.gov/swineflu/>

Minnesota Department of Health --

<http://www.health.state.mn.us/divs/idepc/diseases/flu/basics/index.html>

The Minnesota Department of Health has also established an H1N1 Novel influenza Hotline for the general public. Phones will be answered from 8- 4:30pm at [1-866-259-4655](tel:1-866-259-4655)