

A MESSAGE FROM THE OAKLAND BOARD OF HEALTH REGARDING

SWINE (H1N1) FLU

While we all hope the Swine Flu (H1N1) virus does not reach pandemic status, the Oakland Board of Health and your elected officials are working together with the Bergen County Department of Health Services to plan and prepare for this possibility. This task cannot be accomplished by government alone! It requires the cooperation of all residents. Residents are encouraged to do their part by following these recommendations:

1. Be alert for flu-like symptoms:

- Fever great than 100° F
- Sore throat
- Lack of appetite
- Cough
- Stuffy nose
- Chills
- Headache and/or body aches
- Fatigue
- Some people have reported diarrhea and vomiting associated with Swine Flu. Severe illness (pneumonia and respiratory failure) and deaths have been reported with Swine Flu infection in people. Like seasonal flu, Swine Flu may cause a worsening of underlying chronic medical conditions.

2. Consult your physician...

if you or a member of your family is experiencing flu-like symptoms, and inform your physician if you or a member of your family has recently traveled to an area where the Swine Flu has been identified.

3. Follow standard hygienic practices:

- Wash your hands frequently, especially before eating, and avoid touching your face.
- Avoid contact with ill persons.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands with soap and water or use an alcohol-based hand gel.
- **Stay home and/or keep your children home if you/they are sick.**

4. Take this opportunity to review and update your family emergency plans and have items on hand in the event of an extended stay at home:

Examples of food and non-perishables

- Ready-to-eat canned meats, fruits, vegetables and soups
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter or nuts
- Dried fruit

- Crackers
- Canned juices
- Bottled water
- Canned or jarred baby food and formula
- Pet food

Examples of medical, health and emergency supplies:

- Prescribed medical supplies such as glucose and blood-pressure monitoring equipment.
- Soap and water, or alcohol-based hand sanitizer
- Medicines for fever, such as acetaminophen or ibuprofen
- Thermometer
- Anti-diarrheal medication
- Vitamins
- Fluids with electrolytes
- Cleansing agent/soap
- Flashlight
- Batteries
- Portable radio
- Manual can opener
- Garbage bags
- Tissues, toilet paper, disposable diapers

Additional preparedness information and other valuable resources are available at:

www.NJflupandemic.gov

www.pandemicflu.gov

www.ready.gov

5. Stay informed! Go to a trustworthy source of information.

The general public and health professionals may call the toll-free New Jersey 24-Hour Swine Flu Hotline at 1-866-321-9571. Listen to the radio, turn on the TV or go to one of the following websites for the most up-to-date information about Swine Flu:

www.cdc.gov/swineflu/

www.nj.gov/health

www.bergenhealth.org

**BE INFORMED, TAKE THE NECESSARY PRECAUTIONS, BE
PREPARED AND STAY HEALTHY!**

Oakland Board of Health

201-337-9254

www.oakland-nj.org