



Clayton County Board of Health
Director's Office
Alpha Fowler Bryan, MD - District Health Director
District 3-3



April 28, 2009

To all Clayton County residents:

Many of you have heard news reports about cases of swine flu in the U.S. and other countries. As of today, there are no known cases of swine flu in Georgia. However, sharing some basic information with you about swine flu is clearly important.

Swine flu is a respiratory disease of pigs that does not normally infect humans; however, human infections with swine flu do occur. This current strain of swine flu has begun to spread from human to human, causing illness. The symptoms of swine flu in people are often similar to regular seasonal flu and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

There are everyday actions you can take to stay healthy. Please encourage your family members and others to follow these simple steps as well:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Continue to use good hand washing practices using soap and water often. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- If you or one of your household members gets sick with influenza like illness (ILI), please keep him/her home from school or work and limit the contact that (s)he has with others to keep from infecting them. Also, select one household member who will be designated the caretaker so that contact with the ill person is limited.

As we have new information and further developments, we will let you know as soon as possible. If you would like more information about swine flu, please feel free to visit our website at www.claytoncountypublichealth.org or the CDC website at www.cdc.gov.

Thank you for your continued support and assistance in keeping the citizens of Clayton County healthy and safe.

Sincerely,

A handwritten signature in black ink, appearing to read "Alpha Fowler Bryan".

Alpha Fowler Bryan, M.D.
District Health Director