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News Release

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Red Cross Urges Preparedness during Swine Flu Outbreak

SEATTLE, April 27, 2009 —The recent documented cases of swine flu in the several states across the U.S. and in a growing number of other countries may cause many people to wonder what they can do at this point.

As health experts across the world seek to get more information and a better understanding of the scope and severity of the swine flu outbreak, this is a good time for families, businesses and organizations to review and update their preparedness plans.

The Red Cross and the Centers for Disease Control and Prevention are offering the following tips to ensure you stay healthy.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Cover your nose and mouth with a tissue or sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

This is a good reminder to prepare for life's emergencies. The Red Cross recommends you take this opportunity to prepare your family for any disaster by getting a kit, making a plan and being informed. More information is available at www.seattleredcross.org or www.redcross.org.

Up to the minute updates on the swine flu can be found at the [Centers for Disease Control and Prevention Web site](#). People seeking information on human swine flu should visit the CDC web site or call 1-800-CDC-INFO.

The American Red Cross is a non-profit, humanitarian agency dedicated to helping make families and communities safer at home and around the world. For more information, visit www.seattlredcross.org.

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