

Jefferson Regional Prepared for H1N1 Influenza Virus (Swine Flu)

Jefferson Regional Medical Center is prepared to assist our community in the event of a pandemic or major outbreak of the 2009 H1N1 Influenza virus or other disaster. The Emergency Preparedness Team has identified the appropriate actions to be implemented based on up-to-date recommendations from the Centers for Disease Control (CDC) and the Pennsylvania Department of Health (DOH).

Use these steps to help prevent the transmission of all communicable diseases:

- Wash your hands with soap and water or use alcohol-based hand sanitizers often, especially after you cough or sneeze.
- Avoid close contact with people who are sick.
- If you are sick, keep your distance and try to avoid public places.
- Cover your mouth and nose when you cough or sneeze with a tissue, or cough or sneeze into your sleeve.
- Avoid touching your eyes, mouth or nose with your hands.
- Get plenty of sleep, eat properly, and drink plenty of fluids.
- If you have flu-like symptoms and must receive healthcare services, please ask to wear a face mask to protect others while you are waiting.

For the most up-to-date information about H1N1 Influenza A virus, visit the Centers for Disease Control web site at www.cdc.gov.