

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Health Department creates web page devoted to H1N1 information

(Lawrence, KS) – The Lawrence-Douglas County Health Department’s Web site, www.ldchealth.org, has a new page devoted to 2009 H1N1 flu virus information.

Currently, there are no confirmed cases in Douglas County. However, more than 3,000 cases have been reported in 44 states, with 28 of those from Kansas.

The Health Department’s H1N1 web page will serve as a central source of information on the virus and will be updated frequently. Visitors to the page can download an H1N1 fact sheet, read the latest press releases, learn how to stay healthy and get more specific information related to the outbreak.

The page can be found at: www.ldchealth.org/h1n1.htm

As with any influenza virus, individuals are encouraged to take the following steps to reduce spread:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

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