

HEALTH ADVISORY MESSAGE

With the recent announcement of confirmed cases of Swine Flu in California, Kansas, New York, Ohio, and Texas, the City of Texarkana, Texas wants to assure its citizens that your health is always a top priority. While there are no confirmed cases of swine flu in our area, it is always advisable to exercise standard precautions as detailed below.

We have been advised by the Office of Emergency Preparedness that on the recommendation of the Commissioner of the Texas Department of State Health Services, and in consultation with Texas Education Agency, the University Interscholastic League (UIL) is altering its schedule of events due to the outbreak of the swine flu in Texas. Effective immediately, all UIL interscholastic competition is suspended until May 11.

We continue to monitor the situation through the Office of Emergency Preparedness and the Texas Department of State Health Services. As with any infectious disease, it is recommended that you take precautionary measures to prevent the spread of germs that cause respiratory illnesses like influenza. We encourage you to take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleansers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you or a family member gets sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

For more information on the Swine Influenza and You, please visit the Centers for Disease Control and Prevention at http://www.cdc.gov/swineflu/swineflu_you.htm