



FOR IMMEDIATE RELEASE  
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## No swine flu activity reported locally to date

LAS VEGAS – The Southern Nevada Health District has not received reports of swine flu activity in Clark County. The health district’s influenza surveillance program is ongoing and continues to work with community partners and health care providers to monitor the current situation. Updated information is available on the Southern Nevada Health District website, [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org) as well as the Centers for Disease Control and Prevention site, [www.cdc.gov](http://www.cdc.gov).

The health district reminds the community to practice good health habits to minimize the spread of influenza:

- **Avoid close contact with people who are sick.** Additionally, when you are sick, keep your distance from others to protect their health.
- **Stay home when you are sick.** Staying away from work, school, and errands when you are sick will help prevent others from catching your illness.
- **When you sneeze or cough, use a tissue or the crook of your arm.** Covering your mouth and nose prevents the spread and keeps those around you from getting sick.
- **Wash your hands frequently.** Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

“We are fortunate that there are no reported cases locally and want to use this opportunity to remind the public about the importance of taking care of yourself and your family,” said Dr. Lawrence Sands, chief health officer. “We have been working with the Nevada State Health Division, Clark County emergency management, local physicians and health care providers to monitor the situation and to implement CDC guidelines and recommendations.”

The health district continues to recommend flu shots for everyone, which will provide protection against the seasonal influenza strains currently in circulation, however, it does not provide protection for the swine flu strain. Flu shots are available until June 30.

Individuals who have a high fever or other influenza-like symptoms should contact their healthcare provider, especially if there has been recent travel to Mexico. Swine flu is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks happen regularly among pigs; but human infection does occur. Symptoms for swine flu are similar to seasonal influenza and include fever, cough, sore throat, body aches, headaches, chills and fatigue.