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# CITY OF HARTFORD

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**CARLOS RIVERA**  
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## CITY OF HARTFORD ISSUES GUIDELINES ON SWINE FLU **NEWS AND COMMUNITY RELEASE**

(April 27, 2009)--- The City of Hartford Department of Health and Human Services is working closely with the State Department of Public Health (DPH) and Centers for Disease Control and Prevention (CDC) to monitor the swine flu cases that have been reported in Mexico and the United States. **As of today, there are no confirmed cases in Connecticut**, but the CDC has reported a total of 40 confirmed cases of swine flu in the U.S.

“Our Public Health Preparedness Team is closely monitoring all reports of possible swine flu in our state and will be ready to communicate with our residents immediately if there is any possibility of it affecting city residents,” stated Mayor Eddie Perez.

Carlos Rivera, Director of the City of Hartford Department of Health and Human Services has issued the following guidelines and requested that residents take precautionary measures to protect themselves from getting sick. “Although no swine flu cases are currently identified in our area, it is important that everyone takes these simple steps to reduce the possibility of getting the flu,” said Carlos Rivera.

### **Precautions to avoid the flu include:**

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing, and then discard the tissue in your regular trash.
- Clean your hands often. Washing your hands with soap and water for 15 to 20 seconds 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.
- Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Swine flu is not transmitted by food and you cannot get swine flu by eating pork or pork products.

The symptoms of swine flu are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported vomiting and diarrhea. If you experience any of these symptoms, contact your healthcare provider.

### Resources for Additional Information:

- City of Hartford Department of Health and Human Services: [www.hartford.gov/Human\\_services](http://www.hartford.gov/Human_services)
- Connecticut Department of Public Health: [www.ct.gov/dph](http://www.ct.gov/dph)
- Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)

