



BRAZOS COUNTY HEALTH DEPARTMENT

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Public Health
Prevent. Promote. Protect.

News Release

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For Immediate Release

Flu Precautions Recommended

Due to recent outbreaks of Swine Influenza, commonly known as Swine Flu, in the United States and Mexico, the Brazos County Health Department is encouraging everyone to follow precautions to reduce the spread of any respiratory illness.

- Stay home when you are sick and avoid close contact with others to prevent spreading illness to others.
- Cough or sneeze into the bend of your elbow or a tissue and properly dispose of used tissues.
- Wash hands frequently and thoroughly with soap and warm water or use an alcohol-based hand sanitizer.

Due to the recent emergence of this type of flu strain, there is currently no vaccine available, and the current flu vaccine has not been shown to be effective.

Although there are no known probable or confirmed cases of Swine Influenza in Brazos County at this time, the Brazos County Health Department is committed to monitoring this international event by working with the Texas Department of State Health Services and the Centers for Disease Control and Prevention. The health department is following recommendations from these agencies and will support Brazos County in all relevant measures that are necessary.

If you are feeling ill or have concern, you are advised to contact your primary care physician.

For more information, visit www.brazoshealth.org.

*(News **media**: for more information contact Sara Mendez, PIO, at (979) 361-4440.)*