

# State of Alaska

DEPT. OF HEALTH & SOCIAL SERVICES

*DIVISION OF PUBLIC HEALTH  
SECTION OF NURSING  
SOUTH WEST REGION*

*SARAH PALIN, GOVERNOR*

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May 1, 2009

Dear Community Member,

Below is information we have as of this morning to share with you about the swine flu:

**Hand washing, cough etiquette and staying home if ill are the best things everyone can do to prevent the spread of disease!**

To date, there have been no cases of swine influenza A (H1N1) in Alaska.

Recommendations for travelers can be found at  
<http://wwwn.cdc.gov/travel/contentSwineFluUS.aspx> or  
<http://wwwn.cdc.gov/travel/contentSwineFluMexico.aspx>

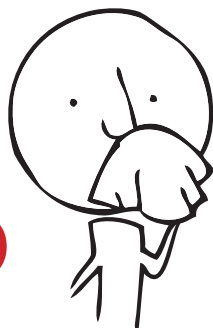
The Alaska Division of Public Health will continue to follow national and international investigations and will provide updated reports through the Alaska Public Health Alert Network (AK PHN) and the Epidemiology *Bulletin*. Information will also be posted at <http://www.epi/hss.state.ak.us> and on the department's pandemic flu page at <http://www.pandemicflu.alaska.gov/>.

Thank you for washing your hands.

Sincerely,

Dillingham Public Health Center

# Help **STOP** **THE SPREAD** of **RESPIRATORY** **ILLNESS!**



When a nasty lung infection begins to spread in our area causing severe coughs, lung congestion and other respiratory symptoms — there is something we can do about it.

**Don't let it spread, wash instead!**



**Wash your hands**

for 30 seconds in hot soapy water — or use hand sanitizer



**Cough in your sleeve or use tissue**

— then wash your hands



**Stay home if you're sick**

Avoid close contact with others.

If you're already sick, see your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.




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Alaska Department of Health and Social Services  
Division of Public Health, Section of Epidemiology:  
907-269-8000


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