

## CLIFTON HEALTH DEPARTMENT

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900 Clifton Avenue  
Clifton, NJ 07013

# Clifton Responds To Swine Flu

*Residents Are Asked to Take Precautions & Practice Good Hygiene Practices*

### For Immediate Release

Tuesday, April 28, 2009

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[**Clifton**]**—**The Federal government has declared a Public Health Emergency due to the recent swine flu outbreak and the World Health Organization has raised the Pandemic Alert Level to Phase 4, which is described as sustained human-to-human transmission. “The Clifton Health Department is working closely with local, county, state and federal agencies. We are doing what we can to minimize the impact of the currently unfolding situation and need the cooperation of all residents,” said John E. Biegel III, Health Officer for the City of Clifton.

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Mexico, Southern California and near San Antonio, Texas. Other U.S. states, including New Jersey, have reported cases of swine flu infection in humans and cases have been reported internationally as well. The Centers for Disease Control (CDC) has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, nasal congestion, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. If you have any of the following signs or symptoms, please seek immediate medical evaluation from your health care provider - not the local emergency room. If you do not have the above mentioned signs or symptoms, there is no reason to see your healthcare provider regarding the swine flu.

Swine flu is spread from person to person primarily through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Infected people may be able

to infect others beginning one (1) day before symptoms develop and up to seven (7) or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Anyone experiencing flu-like symptoms should stay home from work or school for at least seven (7) days, and not return until one (1) to two (2) days after symptoms end. At this time, there is no reason to keep healthy children home from school.

**There are everyday actions that you can take to keep you and your family healthy.**

- 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 hands cleaners are also effective; however, they do not replace handwashing when there is access to soap and water.
- Avoid touching your eyes, nose or mouth, since germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Try to avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **If you get sick, stay home from work or school and limit contact with others to keep from infecting them.**

Please be aware that you cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe. Updated information on swine flu and case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm>. If you have further questions, please contact the Clifton Health Department at (973) 470-5758 or at [www.cliftonnj.org](http://www.cliftonnj.org).

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