



**RADIO PSA (DISTRIBUTED 4/27/09 AT 3:18 PM)**

Central Michigan District Health Department

*"Promoting Healthy Families, Healthy Communities"*

For more information, please call: (989) 773-5921 ext. 8433  
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, [www.cmdhd.org](http://www.cmdhd.org)

HERE IS AN IMPORTANT MESSAGE FROM THE CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT AND THE SAGINAW CHIPPEWA INDIAN TRIBE. ALONG WITH SEVERAL STATES, MICHIGAN IS NOW ON ALERT FOR THE POTENTIAL OF SWINE FLU. THE CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT IS PROVIDING THESE RECOMMENDATIONS:

PERSONS WITH RESPIRATORY ILLNESS SHOULD STAY HOME FROM WORK OR SCHOOL TO AVOID SPREADING INFECTIONS, INCLUDING INFLUENZA.

AVOID CLOSE CONTACT WITH PERSONS WHO ARE COUGHING OR OTHERWISE APPEAR ILL.

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH.

WASH HANDS FREQUENTLY TO LESSEN THE SPREAD OF RESPIRATORY ILLNESS.

IF YOU EXPERIENCE SYMPTOMS INCLUDING COUGH, FEVER, FATIGUE SORE THROAT, CHILLS, HEADACHE OR BODY ACHES ALONG WITH DIARRHEA AND VOMITING, PLEASE CONTACT YOUR PHYSICIAN BY TELEPHONE, IMMEDIATELY.

SWINE FLU IS SPREAD FROM PERSON TO PERSON CONTACT AND CAN BE TREATED WITH ANTIVIRALS IF DETECTED EARLY. FOR MORE INFORMATION PLEASE VISIT [CDC.GOV](http://CDC.GOV) SLASH SWINE FLU

THIS HEALTH ADVISORY IS BROUGHT TO YOU BY THE CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT AND THE SAGINAW CHIPPEWA INDIAN TRIBE.