



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., MPH
State Surgeon General

For Immediate Release
September 28, 2009

Contact: Candy Sims, Public Information Officer
(954) 467-4784

***SOUTH FLORIDA PUBLIC HEALTH OFFICIALS
ENCOURAGE THE PUBLIC TO "TAKE 3" STEPS TO PREVENT THE FLU.***
These actions will help protect against Seasonal and H1N1 Swine Flu.

Broward County, Florida—Public health officials from Monroe, Miami-Dade, Palm Beach and Broward Counties are advising the public to continue to take precautionary measures against seasonal flu and H1N1 Swine Flu. Brochures, posters and flyers are being distributed in all communities advising a "Take 3 Steps" approach. The Take 3 Steps recommendations include:

#1 – Take everyday actions:

- Stay home if you are sick for at least 24 hours after your fever is gone (except to get medical care).
- Wash your hands often with soap and water or use alcohol-based hand cleaners.
- Cover your cough or sneeze into your sleeve or a tissue. Throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth. Germs spread this way.
- Avoid contact with sick people.

#2 – Get vaccinated:

- A yearly seasonal flu vaccine is an important step in protecting against seasonal flu.
- A special vaccine against H1N1 Swine Flu is being produced and will be available.

#3 – Take flu antiviral medicines, if recommended

- Stay home if you are sick and take flu antiviral medicine if recommended by your health care provider.
- For treatment, antiviral medicines work best if started within the first two days of symptoms.
- Antiviral medicines are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu.
- Antiviral medicines are recommended for people who are very sick or people who are at increased risk of serious flu complications.

Flu-like symptoms include:

Fever (usually high), dry cough, sore throat, headache, extreme tiredness, runny or stuffy nose, muscle aches, vomiting, and sometimes diarrhea.

If you think you have the flu, call your health care provider and discuss whether you need to be seen.

Business and community organizations are encouraged to print and post the "Take 3 Steps" poster at all their locations.

More...

More information and downloadable flyers and brochures are provided at:

Broward County Health Department, www.browardchd.org

Monroe County Health Department, (305) 809-5653

Miami-Dade County Health Department, www.dadehealth.org

Palm Beach Count Health Department, www.pbchd.com

Florida Department of Health – www.myflusafety.com – Florida flu information line: 1-877-352-3581

Centers For Disease Control and Prevention – www.cdc.gov/h1n1

U.S. Department of Human Services – www.flu.gov

###