

# Community Alert

The Miami Springs Police Department is monitoring the domestic problem with the swine flu. We are remaining in contact with health and emergency management agencies to formulate appropriate responses to the situation. We would like to point out that there have been no **confirmed** cases of the swine flu within Miami-Dade County. While everyone needs to function under a heightened awareness, we need to exercise good judgment and not overreact. There have been 91 cases and one death confirmed as swine flu. If you have further questions, the following phone numbers are hotlines:

305-324-2400  
800-775-8039  
311

The **single best way to prevent seasonal flu is to get [vaccinated](#)** each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are **flu antiviral drugs** that can be used to treat and prevent the flu. If you feel ill and have doubts, we recommend that you contact your personal physician.

## **1. Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

## **2. Stay home when you are sick.**

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

## **3. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

## **4. Clean your hands.**

Washing your hands often will help protect you from germs.

## **5. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

## **6. Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.