



CITY OF FERNDALE FIRE DEPARTMENT

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Public Service Announcement
From Chief Schmidt – Ferndale Fire Department
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The media is reporting on the recent outbreak of the Swine Influenza. This is a respiratory disease of pigs caused by type A influenza viruses.

This swine influenza A (H1N1) virus is thought to be spread the same way that seasonal flu spreads. Seasonal flu spreads by people touching something with the flu viruses on it and then touching their mouth or nose or by people being in close proximity to someone who has the viruses and is coughing and/or sneezing.

Your best protection against contracting the swine flu is:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Whenever possible, it is best to wash your hands with soap and water, however, alcohol-based hand cleaners are also effective if soap and water are unavailable.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, the Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

A handout containing additional information about the swine flu is available at the Ferndale Fire Department at both locations: Headquarters (1635 Livernois) or Station 2 (1070 E. Nine Mile). You can also access the CDC website <http://www.cdc.gov/swineflu> for more information.