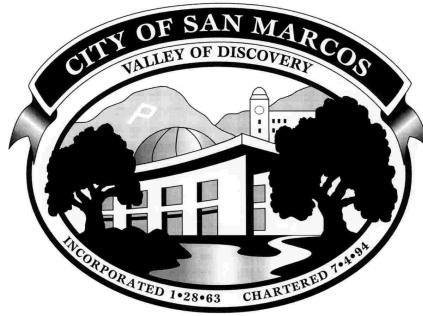

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HUMAN SWINE INFLUENZA (“Swine Flu”)

Information about the Swine Flu changes by the hour. The World Health Organization, the U.S. Center for Disease Control (CDC), and the County Health Department all have doctors and public health professionals tracking the situation.

The City of San Marcos has a pandemic plan and Continuity of Operations Plan, and is in contact with the County Health Department. The City stands ready to enact any recommendations forwarded by the health professionals.

ABOUT SWINE FLU:

- The disease is spread by droplets from coughing and sneezing. It may also be spread by contaminated surfaces such as shared keyboards, countertops, handrails and doorknobs.
- The disease’s symptoms resemble those of seasonal flu – fever, sore throat, cough, congestion, chills, headache, body aches, fatigue, and sometimes diarrhea and vomiting.
- If you have symptoms, stay home and see your doctor if you have a serious case.
- Wash your hands often with soap and warm water for at least 20 seconds or use alcohol-based cleansers.
- Cover your nose and mouth with a tissue when you cough or sneeze, and then discard the tissue. If caught without a tissue, cough or sneeze into the crook of your arm, not your hands.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.

ADDITIONAL INFORMATION:

<http://www.cdc.gov/swineflu/>

<http://www.sdcounty.ca.gov/Portal/News/swineflu.html>

San Diego County Swine Influenza Information Line: (858) 715-2250