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CITY MONITORING “SWINE FLU” SITUATION

In response to the breaking news today about the confirmed positive Swine Flu case aboard the Twentynine Palms Marine Base, the City of Twentynine Palms is working closely with the Marine Corps Air Ground Combat Center, San Bernardino County Department of Public Health, and Hi-Desert Medical Center to receive frequent updates and have resources available should they be needed.

According to City Manager Michael Tree, “Residents in the community should be cautious and vigilant but not panicked, keeping their health professional or doctor informed of any flu symptoms they or their family may be experiencing. Certainly the Swine Flu is something to be taken seriously by us all.”

The Swine Influenza A (H1N1) virus is thought to be spreading from human to human much the same way as seasonal flu viruses, through coughing or sneezing, or in some cases by touching an infected surface then transferring the viral germs by touching the mouth, eyes, or nose.

What to watch for: Symptoms of the Swine Flu include fever, lethargy, loss of appetite, body aches, sore throat, and coughing. Some people may also experience nausea, vomiting, and diarrhea.

To keep from receiving or spreading the virus, wash your hands often with soap and water, or use alcohol-based hand cleaners or gel sanitizers. Avoid touching your eyes, nose, or mouth as germs are spread this way. Cover your nose and mouth with a tissue when you cough or sneeze, then dispose of the tissue in the trash. Avoid close contact with sick people, and, if you are sick, stay home and avoid contact with others to keep from spreading the illness.

More information is available from the San Bernardino County Public Health public information line at 1-800-782-4264, or call City Hall at (760)367-6799.

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