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APUA Recommends following the CDC Website on Swine Flu.

APUA is following the Centers for Disease Control and Prevention coverage of the current Swine Flu epidemic/pandemic. First reported out of Mexico, Swine flu patients have now been identified in five states including California and New York. The current problem is that this virus is able to infect people and even move from one person to another.

Fortunately, the illness can be treated with an anti-viral medication, either oseltamivir or zanamivir, which will be prescribed by physicians if the illness is confirmed or strongly suggested. Certain individual precautions are recommended. The most important is to wash your hands regularly and cover your nose and mouth while sneezing. The virus can be passed either as droplets in the air or from hands to mouths. Therefore it is critically important to wash your hands, especially before eating when you have contact with your mouth. Other routes of entry are nose and eyes. The Centers for Disease Control and Prevention has an excellent website. We especially recommend the document entitled "Swine Flu and you."

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For more information see:

CDC and Swine Flu <http://www.cdc.gov/swineflu/>

"Swine Flu and You" [http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)