

The Riverside Public Health Department Disease Control has provided the following information:

- Only high risk patients should be screened for Swine Flu and treated.

They are as follows:

- People with recent travel to Mexico (within 2-4 weeks) and are now ill.
- People who have contact with individuals with recent travel to Mexico (within 2-4 weeks) and are now ill.
- People with the following symptoms, fever 101.0 or higher, confusion, sudden dizziness, diarrhea/vomiting, abdominal or chest pain

The Public Health Department Disease Control has approximately 15-20 clinics in Riverside County that have the capability to screen and treat patients with the Swine Flu. Their supply of the antiviral medications will be restocked by the State of California. Please contact Health Services (951) 222-8151 for clinic phone numbers and locations.

The antiviral medication should not be given to people who are not ill with the Swine Flu. If this were done, the antiviral medication supply would quickly diminish and would not be available to those who really need it. In addition, taking these medications without illness may result in your body becoming resistant to the medication and when needed to fight infection may not help you.

It is important to keep our perspective on this and remember the basic ways you can protect yourself:

- Frequent hand washing with warm water and soap for 15-20 seconds. If not available, use hand sanitizer; i.e, Purell works well.
- Keep your hands away from your face. Any virus or bacteria can enter the body by touching your mouth or rubbing your eyes.
- Get plenty of sleep.
- Eat nutritious food.
- Avoid people who are ill.
- If you are ill, stay home and if necessary follow up with your physician.