



CEDARS-SINAI HEALTH ASSOCIATES

With the recent national and international focus on swine flu (H1N1), Cedars-Sinai Health Associates would like to provide you with some information on what you can do to prevent the spread of influenza, which is important not only in preventing swine flu, but in preventing any type of flu.

A few simple precautions are the most important factors in preventing swine flu, or any flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you do not have a tissue, cough or sneeze onto your sleeve, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people. It is thought that influenza can be spread through the coughing or sneezing of infected people.
- If you get sick, we recommend that you stay home from work or school and limit contact with others to keep from infecting them.

The symptoms of swine flu in people are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. As of April 30, all of the cases of swine flu in the United States appear to have occurred in people who had either recently visited Mexico or one of the other affected areas, or had been in close contact with someone who had either recently visited Mexico or one of the other affected areas.

Cedars-Sinai continues to stay in close communication with the U.S. Centers for Disease Control, the California Department of Public Health and the Los Angeles County Department of Health Services to ensure that we have the latest and most accurate information, and we remain well prepared to support our patients.

For the most up-to-date information on swine flu, please visit the CDC's website at www.cdc.gov/h1n1flu/.

Wishing you all good health.

Regards,

Thomas D. Gordon
Chief Executive Officer