

Washington, DC -- In response to growing concerns and confirmed cases of Swine Flu in Upstate New York, U.S. Rep. Michael Arcuri announced today that he is posting information on his official web site ( <http://www.arcuri.house.gov/> ) to direct constituents to reputable federal and state agencies regarding the virus and help answer any questions they may have.

“Concerns about Swine Flu are real and should be taken seriously,” **Arcuri said**, “I will continue to provide my constituents with as much information as I can so they can protect themselves and their families. We should all take the simple steps necessary to prevent the spread of the virus and work together to ensure that Swine Flu is stopped quickly and permanently.”

Residents of the 24th Congressional District can call the toll-free New York State Swine Flu hotline at 1-800-808-1987 for additional information about the virus. In addition, local residents can visit Arcuri’s website: <http://www.arcuri.house.gov/> or call his district office at 1-800-235-2525 (toll-free in NYS) for more information, and with any questions or concerns.

The Center for Disease Control (CDC) has released tips on how to prevent the spread of Swine Flu and likens the suggested precautions to those taken during a typical flu season. Below are the recommendations from the CDC:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

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