



Town of Randolph, Massachusetts

Board of Health

1 Turner Lane

RANDOLPH, MASSACHUSETTS 02368

TEL. (781) 961-0924

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Members:

Dr. David Kaplan, CHO, RS, Chair

Thomas Fisher, V. Chair

Mark Kittredge, Member

John McVeigh, Director, PHA

Pat Iyer RN, BC, PHN

Priscilla MacDougall, Clerk

PUBLIC HEALTH ALERT SWINE FLU OUTBREAK Press Release

The Patrick Administration on 4/29/09 announced the first confirmed cases of swine influenza in Massachusetts. According to the Massachusetts Department of Public Health (DPH) the cases have been mild thus far. We at the Board of health encourage people to take precautions regarding the recent flu outbreak. It is important to realize that an influenza outbreak although serious is not a reason for panic.

These precautions include:

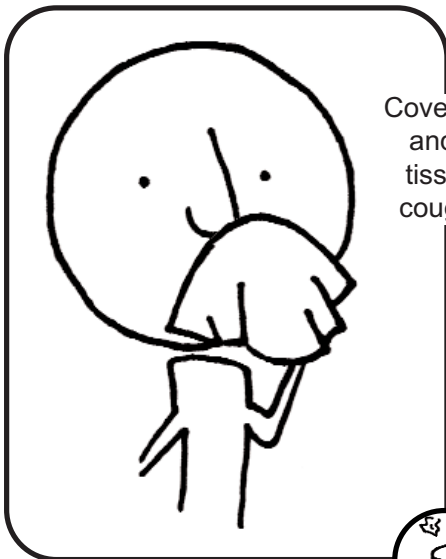
- 1. Wash your hands often with soap and water or with an alcohol-based hand sanitizer.**
- 2. Cough or sneeze into a tissue or into your elbow instead of into your hands. (see poster)**
- 2. If you're sick, stay home from work or school and limit contact with others to avoid infecting them.**
- 4. If the outbreak spreads and includes the Town of Randolph restricting unnecessary mass-gatherings would be prudent.**

The federal and State level, the Centers for Disease Control and Department of Public Health are monitoring the situation and continue to update local government as events change.

Website information www.cdc.gov

Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.



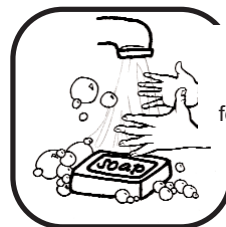
Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or



clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-5414 or 1-877-676-5414
www.health.state.mn.us

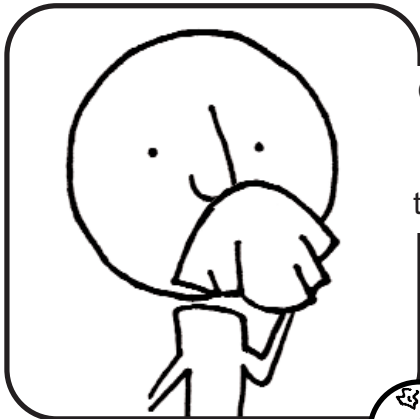


Minnesota
Antibiotic
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¡Pare la propagación de gérmenes que lo enferman a usted y a otras personas!

Cubra SU tos



Cubra su boca y
nariz con un
kleenex cuando
tosa o estornude

or

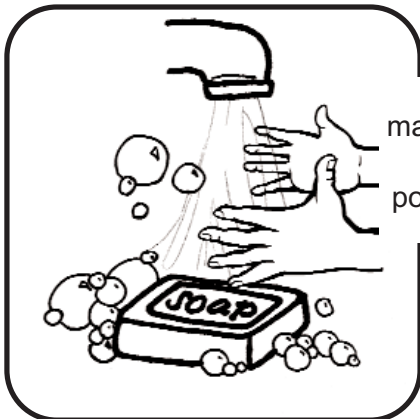
tosa o estornude en la
manga de su camisa,
no en sus manos.

Deseche el kleenex
sucio en un basurero.



Lávese las manos

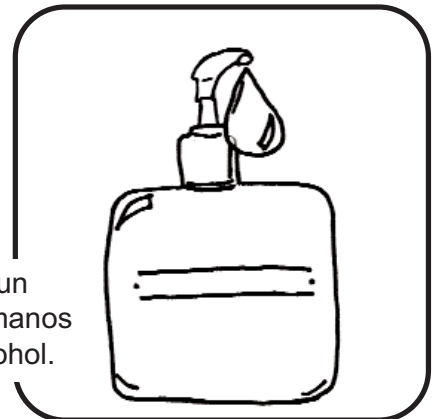
después de toser o estornudar.



Lávese las
manos con jabón
y agua tibia
por 20 segundos

o

límpielas con un
limpiador de manos
a base de alcohol.



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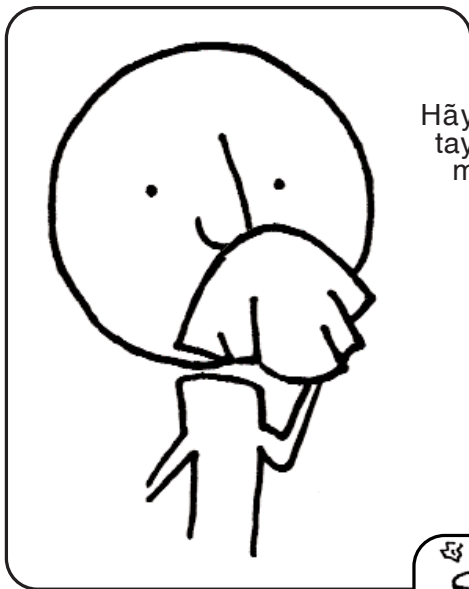


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Hãy chặn đứng sự lây lan của các loại vi trùng khiến quý vị và người khác bị bệnh!

Che khi ho



Hãy dùng giấy lau
tay che miệng và
mũi khi ho hoặc
nhảy mũi

hoặc

ho hoặc nhảy mũi
vào phía trên của
tay áo, đừng ho
hoặc nhảy mũi
vào bàn tay.



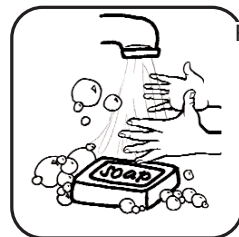
Bỏ giấy đã dùng
vào giỏ rác.



Quý vị có thể được yêu
cầu mang khẩu trang để
bảo vệ người khác.

Rửa tay sau

khi ho hoặc nhảy mũi.



Rửa tay bằng
nước và xà
phòng
hoặc

rửa sạch bằng thuốc
rửa tay có chứa cồn.



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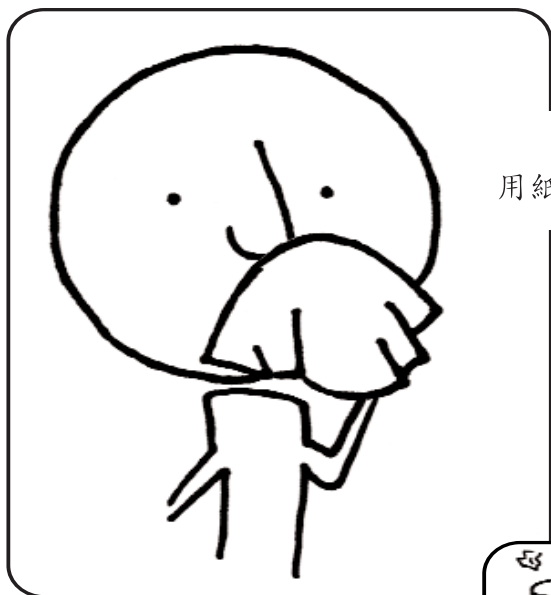


阻止使您和他人患病的細菌傳播！

咳嗽時

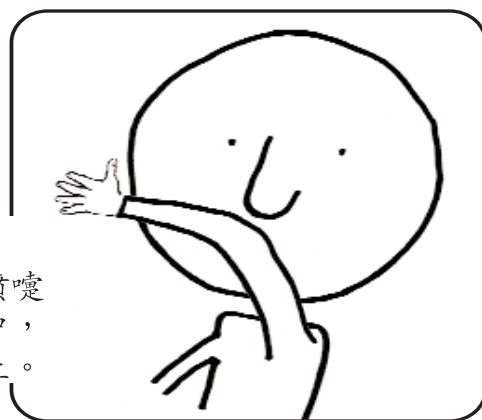
遮掩

口鼻。

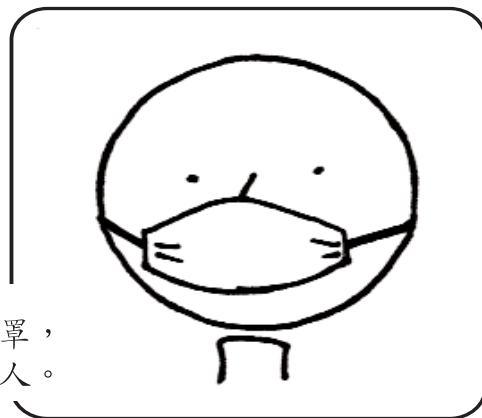


當您咳嗽或打噴嚏時，
用紙巾遮掩口鼻；

或者
咳嗽或打噴嚏
到上衣袖中，
而非到手上。



將用過的紙巾
放入垃圾筒。



戴上口罩，
保護他人。

咳嗽和打噴嚏後

洗手。



請用肥皂
或水洗手

或者
用以酒精為
主要成分的
洗手液洗手



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Pare a difusão dos micróbios que o fazem adoecer a si e aos demais!

Cubrase quando tossir



Cubra a sua boca e nariz com um lenço de papel quando tossir ou espirrar

ou, então

tussa ou espirre para dentro da manga do braço, e não para as suas mãos.



Coloque o seu lenço de papel usado no cesto do lixo.



Pode ser que lhe peçam que coloque na cara uma máscara de cirurgia para proteger os demais.

Limpe as suas mãos

depois de tossir ou de espirrar.



Lave as mãos com sabão e água morna durante 20 segundos ou

limpe-as com um produto de limpeza para as mãos à base de álcool.



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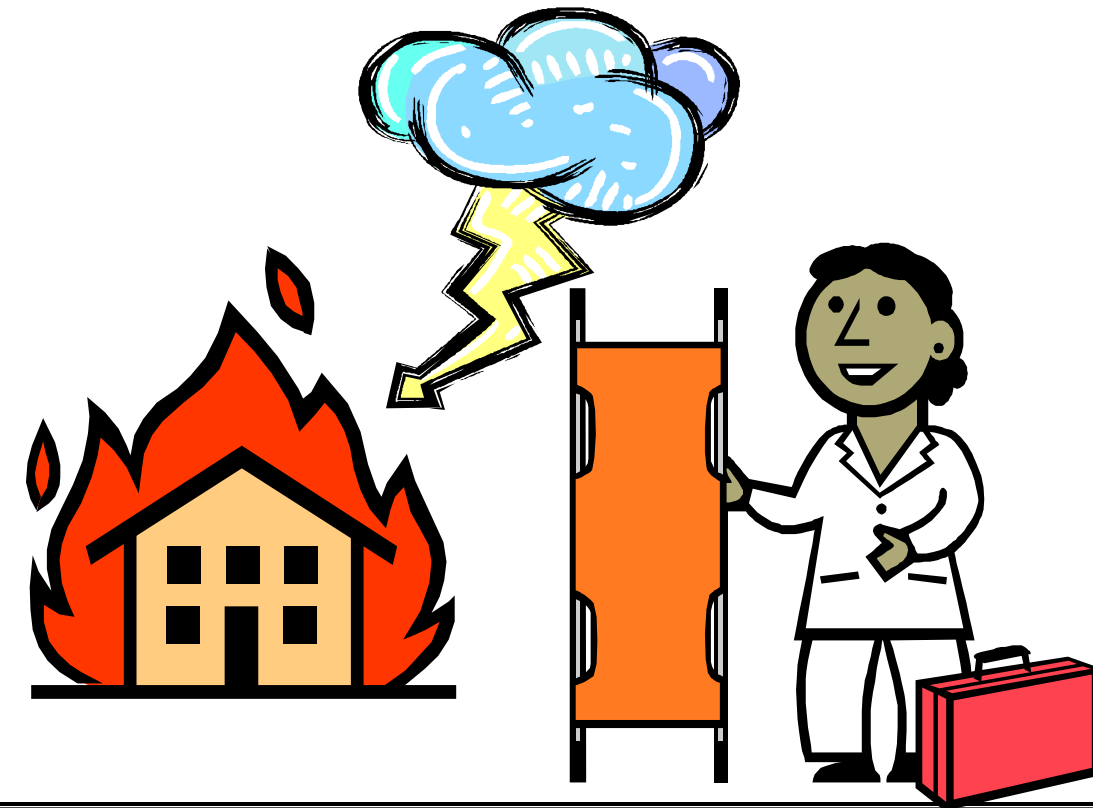
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Volunteers Needed

Officials in the towns of Avon, Holbrook, Randolph & Stoughton are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism.

We need your help!



Join the Medical Reserve Corps



*Communities Working Together
Preparing for Disasters
Avon, Holbrook, Randolph & Stoughton*

Members of the Medical Reserve Corps would assist the Community in responding to emergency situations and promote public health activities throughout the year

- Anyone can apply • NO medical background required •
- For every ONE medical person, TEN non-medically trained people are needed •
- FREE training available to all volunteers • Strictly a Volunteer Organization •

For More Information and/or an Application Contact your Local Board of Health

Avon: 508-588-0414

Email: jkjoyce@avonmass.org

Holbrook: 781-767-3030

Email: health_board@holbrookmassachusetts.us

Randolph: 781-961-0924

Email: randolphhealthdept@juno.com

Stoughton: 781-341-1300 x 265

Email: sgabriel@stoughton-ma.gov