



NEWS RELEASE

St. Charles County Government

Department of Community Health and the Environment

Gil Copley, Director

FOR IMMEDIATE RELEASE: September 9, 2009

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Fight the Flu!

Campaign officially launches in St. Charles County

St. Charles County, Missouri – In partnership with local public health agencies across Missouri, the St. Charles County Health Department announces the launch of a new campaign called “Fight the Flu.”

“This grassroots campaign, developed by local public health agencies across Missouri, encourages residents to work together to help protect our families and our communities against all types of flu, including H1N1,” said Gil Copley, director.

Printable materials, fact sheets, links to local public health agencies, and other information can be found on the campaign website at www.FightTheFluMO.com. In addition, residents can receive updates by following the campaign’s Twitter account at www.twitter.com/FightTheFluMO or Facebook page at www.facebook.com/pages/FightTheFluMO-Campaign/125270083116. Instructional videos on how to properly wash your hands, how to cover your cough, and other pieces will be posted on the campaign’s YouTube account at www.youtube.com/FightTheFluMO, and questions can be submitted and surveys filled out on the campaign’s blog at FightTheFluMO.blogspot.com.

As flu season approaches and H1N1 influenza continues to spread across the state, community members are urged to follow tips to protect their families, themselves and their community.

- **Protect your family**
 - get your family vaccinated against seasonal flu
 - establish healthy practices of hand washing and not sharing personal items
 - stockpile enough food, water, and medication to last at least seven days in case you need to voluntarily isolate or quarantine yourself and your family
 - make arrangements for child care if schools close
 - talk to your employer about flexible work options.

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- **Protect yourself**
 - get a seasonal flu shot
 - wash your hands
 - keep a distance of at least six feet from people who are sick
 - choose a healthy lifestyle to build your immune system, including
 - get adequate sleep,
 - reduce stress,
 - stop smoking and using tobacco products,
 - stay physically active,
 - choose nutritious foods
 - drink plenty of water

- **Protect our communities**
 - stay home if you are sick,
 - keep kids home when they are sick (for at least 24 hours after their fever goes away without the use of medication),
 - cover your sneeze and cough with a disposable tissue or the crook of your arm,
 - wash your hands frequently with soap and water, and
 - don't share personal items like drinks, silverware or toothbrushes.

“We need each member of our community to join in this effort to fight the flu this fall,” adds Copley. “We know seasonal flu is coming. We expect to see H1N1 circulating as well, and we must work together to slow the spread of flu in our community.”

The St. Charles County Department of Community Health and the Environment is committed to the protection and enhancement of health and the quality of life for all members of our community. For more information, call (636) 949-7400 or visit www.scchealth.org.

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