

## IMPORTANT INFORMATION

Residents,

As you have been hearing in the news, the Swine Flu Virus may appear again during the upcoming flu season.

We would like to provide you and your family with some facts and preventative measures relating to the Swine Flu. We encourage you to read this information carefully so you are better informed about this emerging health issue.

Symptoms of Swine Flu include, but are not necessarily limited to: sudden onset fever, coughing, muscle aches, and extreme tiredness. Swine flu seems to cause more diarrhea and vomiting than the normal, seasonal flu according to the CDC (Center for Disease Control).

If you feel that you may have developed Swine Flu or have been in contact with someone who has developed the condition you should do the following:

1. CALL A PHYSICIAN IMMEDIATELY.
2. Avoid contact with others, including family members, friends, co-workers and others, especially those who have existing health issues, the elderly and children.
3. Arrange to have your healthcare provider test you for this virus.

As with any type of a flu virus, it can spread. It is primarily transmitted by respiratory droplets emitted by sneezing and coughing and then touching anything the droplets have come in contact with including hands, tissues, door knobs, countertops, phones, etc.

***Please be vigilant about following the recommended precautions that will assist in preventing the spread of the Swine Flu Virus.***

1. Use good hand hygiene. Wash your hands often using soap and make use of hand sanitizer wipes.
2. Avoid touching your eyes, nose, or mouth.
3. Cover your nose and mouth when coughing and sneezing, using a tissue when possible. Dispose of tissues immediately and avoid contact with other surfaces.
4. Clean hard surfaces (e.g. door handles, countertops, light switches, phones, etc.) using normal cleaning products.

5. If you feel ill, limit your contact with others, including family members and friends. Most health organizations and schools suggest that you not go to work or school. Contact your employer or school principal for their guidelines.

The situation and information regarding the Swine Flu is constantly changing. You are encouraged to read printed materials, speak with your physician and visit various websites that contain accurate and useful information, such as: (1) Centers for Disease Control and Prevention (CDC) investigation site: <http://www.cdc.gov/swineflu/index.htm> and (2) WHO (World Health Organization): <http://www.who.int/csr/disease/swineflu/en/index.html>. Your individual state/county department of health may have information about the spread of the condition in your area and local prevention measures and other recommendations.

A vaccine to protect against Swine Flu is expected to be available this fall.

We hope that you have found the information contained here helpful. Should additional information come available, it will be posted.

Sincerely,  
Balfour Beatty Communities