



**American
Red Cross**

Pikes Peak Chapter

Pikes Peak Chapter
1040 South 8th Street
Colorado Springs, CO 80905
www.pparc.org

News Release
NEWS RELEASE

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RED CROSS ENCOURAGES PUBLIC TO STAY INFORMED ABOUT SWINE FLU

Colorado Springs, CO – April 29, 2009 The American Red Cross is monitoring the developing situation with this swine flu (H1N1 flu) outbreak and is in close contact with federal and state officials, including the Centers for Disease Control and Prevention (CDC) and the Department of Homeland Security. This is a serious situation that has the potential to spread, and it is a good time for families, businesses and organizations to follow good public health practices and to review and update their preparedness plans. Stocking extra food, water and supplies at home will reduce the need to go out should this swine flu strain become more widespread and schools or businesses temporarily close. The Red Cross recommends storing a two-week supply of food, water and household necessities such as laundry detergent and toilet paper. A gallon of water per person per day should be stored in clean plastic containers. Family preparation steps should also include storing formula for infants, food for special nutritional needs, essential medicines and medical items, and extra food for pets.

More information on how to prepare for a flu outbreak or pandemic can be found at:
<http://www.redcross.org/portal/site/en/menuitem.1a019a978f421296e81ec89e43181aa0/?vgnexoid=099ba3cdcc8e0210VgnVCM10000089f0870aRCRD>

The Red Cross reminds the community that **common sense basic public health practices should be followed**. These include covering your cough/sneeze with a tissue, frequent hand-washing, visiting a doctor for flu-like symptoms and staying home when sick.

Questions about Swine Flu should be directed to:

<http://www.cdc.gov/swineflu> or **1-800-CDC-INFO**
<http://www.elpasocountyhealth.org/pages/default.aspx>
<http://www.cdphe.state.co.us/epr/H1N1.html>

Colorado residents that have questions about the Swine Flu can call **The Help Line at (877) 462-2911**. The Help Line is open 7 a.m. to 11 p.m. every day.

For more information, contact the Pikes Peak Chapter at 719-785-2711 or visit www.pparc.org or www.redcross.org.

The American Red Cross helps people prevent, prepare for and respond to emergencies. Last year, almost a million volunteers and 35,000 employees helped victims of almost 75,000 disasters; taught lifesaving skills to millions; and helped U.S. service members separated from their families stay connected. Almost 4 million people gave blood through the Red Cross, the largest supplier of blood and blood products in the United States. The American Red Cross is part of the International Red Cross and Red Crescent Movement. An average of 91 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work. Contributions to the American Red Cross may be sent to American Red Cross Pikes Peak Chapter, 1040 S. 8th Street, Colorado Springs, CO 80906. WWW.PPARC.ORG