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State monitors swine flu situation
No cases reported in Alaska

(Anchorage, AK) — Officials with the Alaska Department of Health and Social Services are keeping an eye on the developing swine flu outbreak in the Lower 48 and Mexico. There are no known cases of swine influenza in Alaska.

Health officials are advising that anyone returning from the Southwest or Mexico who becomes ill with flu-like symptoms (fever, sore throat, aching muscles, cough, and runny nose) contact his or her health-care provider.

“At this time, standard practices are still the best measures for avoiding the flu,” said Dr. Jay Butler, chief medical officer for the state of Alaska. “Hand washing, covering your cough, staying home if you’re sick — these are still the best ways to stay healthy and to avoid spreading germs when you are ill.”

Updates on the swine flu outbreak are available on the Centers for Disease Control and Prevention Web site at: http://www.cdc.gov/flu/swine/.

Alaskans are encouraged to take this opportunity to review the information on the state’s preparedness Web site at: http://www.hss.state.ak.us/prepared/pandemic.htm.

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