

New Web Site Will Help Pennsylvanians Learn About, Protect Against Novel H1N1 Flu

Online Resource Offers Preventive Tips, News

Pennsylvanians now have a new online resource to help them learn about and help control the spread of the novel H1N1 flu virus.

The new Web site, www.H1N1inPA.com, was created by the Department of Health to answer questions and provide the latest news on the virus.

"We expect to see a steady rise in H1N1 flu cases in the coming months, so it is essential that Pennsylvanians have ready access to the latest important developments," said Secretary of Health Everette James.

The Web site features an explanation of the novel H1N1 virus, frequently asked questions, symptoms of the disease, how to care for sick family members, downloadable educational flyers and posters, and links to other resources.

The site also outlines simple steps that all Pennsylvanians should take to reduce the risk of becoming ill or spreading the virus to others:

- Cover your mouth and nose with a tissue when you cough or sneeze, and put the used tissue in the waste basket. If you don't have a tissue, sneeze or cough into your sleeve, but never into your hands or onto bare skin.
- Keep your hands away from your face and don't touch your mouth, nose and eyes.
- Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer.
- Keep clean frequently used surfaces such as knobs, countertops and desks.
- Stay home from work or school whenever you are sick, and remain home until you are fully recovered.

Information about a vaccine that is expected to be released in October will be added as it becomes available.

"After the new vaccine is released, the Web site will feature information about priority groups for immunization; as well as where, when and how the vaccine will be administered," James added.

For more information, visit www.H1N1inPA.com or call the Department of Health at 1-877-PA-HEALTH (1-877-724-3258).

2009 Board Meeting Dates

- Oct. 14* - 15
- Nov. 4* - 5
- Dec. 1* - 2

*Rules and regulations work Session
Board meetings will begin at 1 p.m. All meetings are in Harrisburg. Please contact the board office at (717) 783-7155 for specific location information.

A monthly board meeting [schedule](#) is also available.

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