



## Message to Elected Officials and Public Employees in Cuyahoga County:

Ohio is one of ten (10) U.S. states with a confirmed case of H1N1 influenza A (Swine Flu). In response, the Joint City/County Emergency Operations Center (EOC) has been activated and operating under unified command. Representatives of the City of Cleveland, Cuyahoga County and officials from the public health agencies from Cleveland, Cuyahoga and Shaker Heights are working in conjunction to provide important and updated information to the general public.

Attached is a workplace fact sheet, developed by the Center for Disease Control (CDC) <http://www.cdc.gov/>, with helpful and important tips in avoiding potential exposure as well as what to do if you feel you may be exhibiting symptoms.

**In adults**, emergency warning signs that need urgent medical attention include:

- o Difficulty breathing or shortness of breath
- o Pain or pressure in the chest or abdomen
- o Sudden dizziness
- o Confusion
- o Severe or persistent vomiting

**In children**, emergency warning signs that need urgent medical attention include:

- o Fast breathing or trouble breathing
- o Bluish skin color
- o Not drinking enough fluids
- o Not waking up or not interacting
- o Being so irritable that the child does not want to be held
- o Flu-like symptoms improve but then return with fever and worse cough
- o Fever with a rash

**DO NOT COME TO WORK IF YOU ARE EXHIBITING SYMPTOMS** (or if your children exhibit symptoms - do not send them to school) and seek medical attention from your family physician or an area medical facility.

For general inquires, please contact the local health departments at the following numbers:

Ohio Department of Health 1-866-800-1404 <http://www.odh.ohio.gov/>

Cuyahoga County Board of Health: 216-201-2091 <http://www.ccbh.net/ccbh/opencms/CCBH/index.html>

Cleveland Department of Public Health: 216-664-3609 <http://www.clevelandhealth.org>

Shaker Heights Health Department: 216-491-3170 <http://www.shakeronline.com>