



33 Mill Street  
Painesville, Ohio 44077

Painesville: (440) 350-2543  
Cleveland: (440) 918-2543  
Madison: (440) 428-4348 x2543  
Fax: (440) 350-2548  
[www.lcghd.org](http://www.lcghd.org)

Joel Lucia, R.S., M.P.H.  
Health Commissioner

**NEWS RELEASE**  
**August 14, 2009**

**CONTACT: DAWN COLE (440) 350-2417**  
**LAKE COUNTY GENERAL HEALTH DISTRICT**

## **A MESSAGE ABOUT FLU FROM LAKE COUNTY GENERAL HEALTH DISTRICT**

We continue to ask everyone with mild flu-like illness to stay home from work, school, daycare and other activities for at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicines. If you have severe illness, such as difficulty breathing, you should contact your doctor.

We also encourage people to take these personal precautions to lessen your chances of getting the flu:

- Wash your hands often.
- Cover your sneezes and coughs. Cough into your sleeve or into your elbow.
- Stay away from sick people and stay home if you are sick.

You may be receiving special information about flu and we are asking people to be alert for changes in our guidance by checking your newspaper and our website ([www.lcghd.org](http://www.lcghd.org)) often. If you have any questions or need more information, please contact Lake County General Health District at (440) 350-2543.

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