

Swine Flu Information

The Village of Freeburg Emergency Services and Disaster Agency (ESDA) is in constant communication with the County Emergency Management Agency and the St. Clair County Health Department for information related to the Swine influenza virus outbreak in the United States, and in Illinois in particular. Because this virus has spread quickly through several areas of the World, the World Health Organization (WHO) has raised its influenza pandemic level to level 5 on a scale of 1-6. The virus originated in Mexico and began its worldwide spread from this country. The impact of a pandemic caused by such a virus is difficult to predict as it depends on virulence of the virus, existing immunity among people, cross protection by antibodies acquired from seasonal influenza infection and host factors.

However, the Illinois Department of Public Health (IDPH) in concert with the Emergency Management Agencies and Emergency Services & Disaster Agencies have provided the EMA/ESDA Coordinators and Mayors with the best “proactive” response plans. These areas are twofold:

Government response and Citizen response to reduce the spread of the swine flu virus and potential local pandemic of this virus.

Schools have received updates from the IDPH through the respective County Health Departments. Illinois Emergency Management Agency to County and local EMA's/ESDA's are receiving updates as well as each community Mayor. The IDPH is the LEAD Agency for this current swine flu virus emergency.

Freeburg Mayor Ray Danford and Freeburg ESDA Coordinator Gene Kramer recommend you seek contact with your health care provider/family doctor if you have least two of the following symptoms:

1. Fever greater than 100 degrees;
2. Sore throat;
3. Stuffy nose;
4. Chills;
5. Headache and body aches;
6. Fatigue.

Early diagnosis and treatment offer the best chance of limiting the severity of this virus. To reduce your chances of catching the swine flu and any influenza virus:

1. Avoid large crowds where persons may be coughing and sneezing;
2. If you sneeze or cough, be sure to cover your nose and mouth, use a tissue if possible and dispose of the tissue as soon as possible and wash your hands immediately afterwards. If you do not have a tissue, it would be better to cough/sneeze into your shirt sleeve. The main objective is to make your cough/sneeze area around other people as small as possible as this virus is contracted by such actions.
3. The virus can only “live” for about 2 hours outside of its “host,” so someone with the swine flu virus who coughes or sneezes upon boxes, paper, table surfaces, toys or other objects, the virus only has a 2 hour life span.
4. Use hand sanitizers if you cannot get to actual soap and water to wash your hands after a cough or sneeze on them.
5. Avoid touching your eyes and the inside of your nose. If you need to, use a tissue and dispose of it immediately. Most virus and germs make their entry into your body from these two areas.
6. If shopping, be aware of rails or shopping carts you may have touched from persons that may have coughed or sneezed upon these surfaces. Washing your hands after such trips is very important to reduce and/or eliminate contracting the virus from these surfaces to your eyes and nasal cavities.
7. Avoid close contact with persons who are sick.
8. If you get sick, Centers for Disease Control (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

For persons with internet access, updates are provided by the CDC at www.cdc.gov and updates for Illinois are found on the IDPH website at www.idph.state.il.us. Updates will also be provided by Mayor Danford and ESDA Coordinator Gene Kramer.