



# Georgia State Council of the Emergency Nurses Association

## NEWS RELEASE

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## Georgia's Emergency Nurses Urge Caution and Common Sense As Swine Flu Hits the Peach State

### First Confirmed Case of Influenza A (H1N1) Reported in Troup County

Columbus, GA – As the Centers for Disease Control and Prevention continue to monitor and investigate the recent nationwide outbreak of Swine Flu, Georgia's emergency nurses say little things can make a huge difference when it comes to fighting this illness.

"Remember that many illnesses - not just swine flu - are transmitted in public places. The best way to avoid the spread of disease is to stay home until your symptoms subside" says Bill Briggs, national president of the Emergency Nurses Association.

That suggestion is included in a list of steps the public can take to minimize the chances of contracting the swine flu or any other respiratory illness. These guidelines have been established by the CDC:

1. Avoid close contact – Stay away from people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. Stay at home when you are sick – if possible, stay home from work, school and errands when you are sick. You will prevent others from catching your illness.
3. Cover your mouth and nose – Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. Clean your hands – washing your hands often will help protect you from germs.
5. Avoid touching your eyes, nose or mouth – germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
6. Practice other good health habits – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious meals.
7. Get annual flu vaccines.

Georgia ENA members strongly emphasize following these instructions in light of the CDC confirming Georgia's first case of the Swine Flu, found Wednesday in LaGrange. Dr. Elizabeth Ford of the Division of Public Health says a Kentucky woman is hospitalized at the West Georgia Medical Center. She reportedly made a recent trip to Mexico before travelling to LaGrange for a family event.

Daily briefings are being given by the CDC as the status of the outbreak continues to rapidly change. Up-to-date statistics and information are available on the Centers for Disease Control and Prevention web site at [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/). The CDC can also be reached by phone at 800-CDC-INFO (800-232-4636).

**About the Emergency Nurses Association**

The Emergency Nurses Association (ENA) is the only professional nursing organization dedicated to defining the future of emergency nursing and emergency care through advocacy, expertise, innovation and leadership. Founded in 1970, ENA serves as the voice of more than 35,000 members and their patients through research, publications, professional development, injury prevention and patient education. Additional information is available at ENA's web site - [www.ena.org](http://www.ena.org).

The Georgia ENA Council represents over 800 members all across the Peach State. Local chapters serve the Albany, Atlanta, Columbus, Macon and Savannah areas. For more information on the Georgia State Council, look at our web site at [www.gaena.org](http://www.gaena.org).

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