

Information regarding H1N1 (swine flu) Protection

- Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- Our utility has taken steps to prepare for pandemic influenza so that we can minimize disruptions to critical water service. We have established partnerships with local health agencies and emergency officials and have a business continuity plan in place.
- CDC recommends these simple steps to protect yourself from H1N1 and other viruses.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with sick people.
 - If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- To date, there have been no documented human cases of influenza caused by exposure to influenza-contaminated drinking water.¹
- Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses.¹
- No research has been completed on the susceptibility of the novel H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as novel H1N1 would also be similarly inactivated by chlorination.¹

*Note:*¹ The above information drawn from Centers for Disease Control (http://www.cdc.gov/h1n1flu/swineflu_you.htm)