

The Village has been carefully monitoring information being disseminated by the Westchester County Department of Health, the New York State Department of Health and the Center for Disease Control as it relates to the H1N1 Virus.

As of Friday afternoon there have not been any confirmed cases of H1N1 in Westchester County.

Recommendations from the Westchester County Health Department:

If you or a family member develop flu-like symptoms (100 degree fever AND 2 of the following: cough, sneezing, sore throat, runny nose) the County health Dept recommends you follow these steps to improve your health and avoid spreading the illness to others. If your symptoms get worse contact your doctor.

If you develop flu-like symptoms you should:

- Stay home
- Avoid close contact with others
- Cover your coughs and clean your hands with soap and water or an alcohol based sanitizer after coughing or sneezing
- Drink clear fluids
- Parents should have infants evaluated by their pediatrician

Seek emergency medical care only if you:

- Have difficulty breathing or chest pain
- Are vomiting and unable to keep liquids down
- Show signs of dehydration ,such as dizziness when standing, inability to urinate or for infants the inability to tear when crying
- Become confused or are less responsive than usual

Hand washing and the use of disinfectants are essential to prevent the spread of this virus.

For more information residents may call the New York State Health Department Hotline at 1-800-808-1987 or visit the County's website at <http://www.westchestergov.com/>. Or the Health Department's web section: <http://www.westchestergov.com/health/default.htm>