

NORTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES

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LANIER M. CANSLER, SECRETARY

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The North Carolina Department of Health and Human Services and its Division of Public Health are taking some extra steps to try and reach every family and individual across North Carolina with important information about the 2009 H1N1 flu virus.

We need your help getting the word out. The critical messages to be conveyed include:

- wash your hands frequently with warm, soapy water
- sneeze and cough into a tissue or your elbow
- avoid touching your nose, eyes and mouth
- if you are sick, stay away from your work place and other places where people gather
- if you have a sick child, do not send him or her to school or child care.

Much more information that is important for people to know is contained in the attachments to this e-mail: a pair of information sheets – one in English, the other in Spanish – and we ask that if you are able, please print and post where employees and visitors to your office will see them.

If you serve as the headquarters for an organization with member offices elsewhere in the state, please distribute to them, and ask that they print and post.

If your organization has a timely publication, please consider publishing all or part of this information sheet in your publication to share with your members.

We thank you in advance for your care and concern for the good health of the citizens of our state, and hope that with this extra outreach we are able to help our citizens stay healthy while the 2009 H1N1 flu runs its course.

Sincerely,

Lanier M. Cansler  
Secretary

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