

Dear Friend,

As the number of reported cases of the H1N1 virus continues to rise, so does confusion and concern over the prevention and treatment of the virus. The Department of Health recommends that pregnant women, people between the ages of 6 months and 24 years, health care workers, and adults with compromised immune systems get vaccinated against H1N1. Even those who are not in the high-risk categories eligible to receive the vaccine now can take steps to avoid contracting and spreading H1N1 in the future.

The Center for Disease Control recommends that, in order to stay healthy, you should:

- Cover your nose and mouth with a tissue when you cough or sneeze;
- Wash your hands often with soap and water, or use an alcohol-based hand rub;
- Try to avoid contact with sick people, and;
- If you are sick with flu-like illnesses, be sure to stay home for at least 24 hours after your fever is gone.

If you feel as though you may be becoming sick, please visit [this Center for Disease Control resource page](#) on what signs to look for to determine the appropriate care you should pursue.

For information on H1N1 vaccine availability in your community, please visit [the Suffolk County Department of Health's website](#)  
or  
[the Nassau County Department of Health's website.](#)

To find out how New York State is fighting the flu, visit the New York State Department of Health's website [here](#) .

If you are considering buying prescription drugs online to prevent or treat the H1N1 virus, be sure to check out [the Partnership for Safe Medicines.](#)

## Be Prepared for H1N1

Friday, October 30, 2009

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If you have an urgent question or concern, you can call the New York State H1N1 Influenza Hotline at 1-800-808-1987.

As more information becomes available on the H1N1 virus, I will be sure to post it [on my website](#).

Sincerely,

Steve Israel  
Member of Congress