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Asbestos/Lead  
Consulting

Mold  
Water  
Damage

IAQ/IH

OSHA/EPA  
Compliance

Phase I/II  
Soils  
Groundwater

Hazardous  
Materials

Brownfields  
Disaster Damaged  
Buildings

Historical  
Preservation

Emergency  
Response

Remediation  
Restoration

## HEALTH ALERT

### SWINE FLU PREVENTION

#### What can I do?

1. Wash your hands frequently (15-20 seconds) with soap and water.
2. Use Alcohol-based hand sanitizers; rub hands together until the gel is dry.
3. Use sanitary wipes (such as Clorox wipes) to disinfect surfaces in your home, business, car, etc. Virus germs can live up to 2 hours or longer on surfaces such as phones, door knobs, keyboards, desk/tabletops, etc.
4. Cover your mouth when coughing or sneezing. Don't just cover with your hand. Use a handkerchief, tissue or clothing. This virus is spread from person to person; affected persons may be able to infect others 1 day before symptoms develop and up to 7 days or more after becoming sick.
5. Stay home when you have flu-like symptoms.
6. Avoid close contact with people who are sick.
7. Avoid touching your eyes, nose and mouth; germs are spread this way.

Contact your doctor upon first appearance of symptoms. A nasal swab can determine if you are infected. The CDC recommends the use of *Tamiflu* or *Relenza* for treatment. These are available by prescription from your doctor.

