



HARRY MITCHELL

Representing Arizona's 5th district



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Dear Friend,

As a father and a grandfather, I know how important it is to keep your family healthy. As we head into flu season, I want to make sure that you have the information you need to help avoid catching or spreading airborne infections.

We can all take action now to protect ourselves and our families throughout the fall and into the winter. As a result, I've updated the [H1N1 Flu Information Hub](#) on my website to help you get the correct and most current information regarding the H1N1 virus, also known as the swine flu. It includes important resources regarding influenza viruses and key tips for prevention and keeping your family healthy. It also includes links to agencies like the Arizona Department of Health, the Centers for Disease Control and Prevention (CDC), the World Health Organization and other agencies that manage different aspects of H1N1.

In addition, should you or a family member become infected, my [H1N1 Flu Information Hub](#) has key information regarding the steps you should take. One of the best ways to avoid the flu is to take everyday steps to stay healthy, as prevention is the first line of defense. Here are 5 simple steps CDC recommends during this year's flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth.
- Stay home if you get sick to limit contact with others to keep from infecting them.
- Eat well, be active, get plenty of rest.


I encourage you to visit my [H1N1 Flu Information Hub](#) and I will continue to update so you and your family can stay informed throughout this year's flu season.

Sincerely,




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