



**Girl Scouts of the Desert Southwest
Southern New Mexico and West Texas
Swine Flu**

Girl Scouts of the Desert Southwest wishes to make our Girl Scout public aware of the steps we will take to address the possibility of the swine flu, or any version of this strain, entering our community. We will continue to monitor the situation and make plans based upon the recommendations of the Texas and New Mexico Departments of State Health Services.

GSDSW promotes the following recommendations from the Texas and New Mexico Departments of State Health Services:

- Wash your hands often with soap and warm water. Alcohol-based hand cleaners are also effective.
- Avoid people who are ill.
- Stay home from work or school if you are sick to avoid spreading illness to others.
- Use tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.
- Keep hands away from your face. Avoid touching your eyes, nose or mouth.
- Clean shared spaces more often such as phone receivers, keyboards, steering wheels and office equipment.

Symptoms of swine flu in people are similar to those of regular or seasonal flu and include fever, fatigue, lack of appetite and coughing. Some with swine flu also have reported runny nose, sore throat, nausea, vomiting, and diarrhea.

Updates pertaining to Girl Scout activities will be shared in additional e-mails and will be posted on the Council websites at www.gspb.org, www.gsriogrande.org and www.zia.org. Please direct inquiries to info@gsriogrande.org.

For more information visit the Texas and New Mexico Department of State Health websites at www.dshs.state.tx.us/ and www.health.state.nm.us/ or call the Swine Flu hotline at 1-866-850-5893.

GSDSW thanks you in your commitment to the maintaining the health of members of the Girl Scout family.

Diane Flanagan, CEO