

Worried about swine flu? LifeWorks can help.

The U.S. has declared a public health emergency after confirming multiple human cases of swine flu in several states. Cases of swine flu have also been confirmed in Mexico, Canada, New Zealand, Spain, Israel, and the United Kingdom. At this time, all U.S. cases have been mild. However, the Centers for Disease Control are recommending that U.S. travelers avoid all non-essential travel to Mexico. The CDC also recommends taking several simple precautionary measures to help protect yourself against flu and to prevent the disease from spreading.

- Wash your hands frequently or use alcohol-based hand-sanitizers.
- Cover your nose and mouth with a tissue when you sneeze or cough.
- Try to avoid contact with sick people. If you are sick, stay home from work or school and limit your contact with other people.

If you are concerned about the flu outbreak and would like more detailed information, LifeWorks can help. You can call LifeWorks anytime at 877-234-5151. Consultants are ready to help you:

- Identify local and national resources that are available to help
- Find out how to protect your family
- Deal with any anxiety you may be feeling
- Find reliable sources of up-to-date information

You can order a free booklet from Lifeworks, *Preparing for a Pandemic Flu*. This booklet offers practical and reassuring information to help people prepare for the possibility of a flu pandemic. You can also go to www.lifeworks.com to read or download helpful articles, including

- *Protecting Yourself from the Swine Flu*
- *Swine Flu Resource List*
- *Taking Care of Yourself in Cold and Flu Season*
- *Pandemic Flu Guidelines for Business Leaders and Decision-Makers*

For answers to frequently asked questions about the swine flu, you can find additional information online by visiting the CDC (www.cdc.gov/swineflu) and the World Health Organization (www.who.int).

Call 877-234-5151 anytime, or visit www.lifeworks.com (user id:MMP , password:5100). Para información sobre este programa en español, visite en-línea en www.lifeworks.com o llame al numero de telefono 888-732-9020.

