



For more information contact:  
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**To date, West Virginia has no confirmed cases of H1N1 (swine flu)**

In West Virginia, no confirmed cases of swine flu have been reported.

As always these practical personal hygiene tips can help prevent the spread of flu. Wash your hands frequently or use an alcohol-based hand sanitizer produce, cough and sneeze into your arm (not hands as germs spread that way), avoid touching eyes, mouth or nose and stay home when you're sick.

Additional information and current data is available at [www.wvdhhr.org](http://www.wvdhhr.org).