



World health officials continue to monitor the number of swine flu cases in humans and to consider the potential for a worldwide influenza outbreak. While the number of human cases of swine flu has increased and the locations of swine flu have expanded, health officials are not characterizing this as a pandemic but are closely monitoring the occurrence and spread of new cases.

The U.S. Center for Disease Control (CDC) has identified human cases of swine influenza A (H1N1) virus infection in people in the U.S. and is working with local and state health agencies to investigate these cases. They have determined that this virus is contagious and is spreading from human to human.

For now, the best way to guard against the possibility of contracting influenza -- or even the common cold -- is to practice these simple, preventative measures. Please share this information with your families or household members.

- Cover your mouth and nose when you cough or sneeze, preferably with a disposable tissue or your sleeve.
- Wash hands frequently with soap and warm water, and for at least 20 seconds.
- Avoid touching your eyes, nose and mouth with your hands.
- Try to avoid close contact with sick people.
- If you get sick, limit contact with others to keep from infecting them.
- If you or a family member develops a fever greater than 101 degrees associated with muscle aches and pains, contact your personal physician for evaluation and advice.

While no vaccine is currently available for swine flu, there are antiviral medications that experts believe will lessen the severity of the flu. You can speak to your physician or health care provider about the possibility of obtaining this medication and having it on hand in the event you or a member of your family gets the flu.

It is ConocoPhillips' wish that you and your families remain healthy during this cold and flu season. The [ConocoPhillips Swine Flu Awareness Web site](#) has additional information about reducing the spread of the flu, the difference between a cold and the flu and general tips for good health. You can also visit the [Centers for Disease Control \(CDC\)](#) Web site and [WebMD](#) for additional information.

If you have questions, speak with your physician.

Good health to all,

Dr. Craig Friedmann  
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