

Dear Friend, Thank you for reading another edition of my e-newsletter, the Carson Courier. ☐ In this week's Carson Courier: New Seventh District Website Defending Credit Cardholders

Taking Precautions Against H1N1 Flu

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NEW SEVENTH DISTRICT WEBSITE

Earlier this week, I was pleased to finally unveil my new congressional website, still located at <http://www.carson.house.gov>

This new site is designed to better serve residents of the Seventh District by making the most comprehensive and current information more readily accessible.

On this site, you will be able to track my recent work in Congress, learn about federal grant and job opportunities, pursue assistance with federal agencies, and contact me with your thoughts and opinions.

Some new features include videos, floor statements, Google Maps of the district, and copies of all past issues of the Carson Courier.

I hope you will take an opportunity to visit my new site to learn more about your district and how you are being represented in Congress.

Be sure to check back frequently, as information will be updated regularly.

DEFENDING CREDIT CARDHOLDERS

In this difficult economic climate, as the costs of health care, transportation and other basic needs skyrocket, millions of working American families now rely on credit cards to supplement their living expenses.

Most of these Americans manage their finances responsibly, by using credit cards sparingly and paying their statements on time. Unfortunately, the deceptive practices of many credit card companies put these families at risk of amassing high interest and fees even when they conscientiously monitor their credit card activity.

I believe that it is completely unacceptable that these consumers fall into financial hardship because of a dishonest lack of transparency at many credit card companies.

That's why earlier this week I joined a strong bipartisan effort to pass H.R. 627, the Credit Cardholders Bill of Rights Act.

This critical legislation will protect consumers from excessive usage fees, unexpected interest rate hikes, predatory card distribution and other harmful methods frequently used by credit card companies.

This bill will better ensure that responsible American consumers can confidently use credit cards when necessary without risking a fall into insurmountable debt.

TAKING PRECAUTIONS AGAINST H1N1 FLU

Over the last few weeks, an outbreak of H1N1 influenza (also known as swine flu) originating in Mexico has spread to the United States and several other countries around the world. The Center for Disease Control (CDC) has reported a number of confirmed cases across the United States, including in Indiana. Fortunately, nearly all of these have been quickly and successfully treated.

At this point, information about the origin, nature and treatment of H1N1 flu is still being pursued. It is known, however, that this virus is transmitted through person-to-person contact and not through the consumption of pork products. Accordingly, there are a number of precautions that you can take to avoid becoming ill and spreading illness to others:

If you feel well:

Healthy residents living in areas where cases are being confirmed should take everyday preventive actions

(
<http://www.cdc.gov/flu/protect/habits.htm>
).

These are especially important as there is no vaccine available for H1N1 flu at this time.

If you are ill:

Individuals who are sick with influenza-like illness (fever and one or two of the following: cough, sore throat, runny nose) are reminded to take standard measures to limit spread of disease such as frequent hand washing, covering their cough and avoiding going to work, school or other settings where they could infect others

(
<http://www.cdc.gov/flu/protect/habits.htm>
).

Individuals should consult with their primary medical provider if their symptoms are not being managed effectively with over-the-counter medications or if they have other medical conditions such as pregnancy or chronic illness. If you become ill within seven (7) days of having traveled to Mexico, or locations in the United States and Canada where confirmed cases have occurred, you should take all of the above measures and consult with your primary care physician to determine if you need testing or treatment.

If you become ill at work:

As is generally recommended, individuals who note the onset of influenza-like illness while at work should take measures to prevent the spread of disease such as leaving work in order to limit the potential exposure to others, cover their coughs and reinforce hand hygiene. If you have questions as to the nature of your symptoms please contact your physician.

Listed below are links to the CDC with general precautions and advisories regarding the current H1N1 flu situation.

Summary of H1N1 Flu Investigation and Recommendations

<http://www.cdc.gov/flu/swine/investigation.htm>

General Information About H1N1 Flu

http://www.cdc.gov/flu/swine/general_info.htm

World Health Organization H1N1 Flu Site

<http://www.who.int/csr/disease/swineflu/en/index.html>

The Marion County Health Department has also created a local bilingual hotline that you can call for information about the virus - (317) 221-3366.

Thank you for reading the Carson Courier. Please do not hesitate to contact me with your thoughts and concerns. I value your views and your input which help me to better represent the people of Indiana's Seventh District in Congress.