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FOR IMMEDIATE RELEASE

MEXICAN DOCTOR URGES CLEANLINESS TO AVOID SWINE FLU: Contreras Advises Simple Precautions Like Washing Hands

WHAT: Internationally renowned physician Dr. Francisco Contreras says that simple precautions, such as washing your hands and covering your nose when you sneeze, are most effective in controlling the spread of swine flu.

WHO: **Dr. Francisco Contreras**, director, president and chairman of the Oasis of Hope Hospital in Playas de Tijuana, Mexico. He is the co-author of the book, "Hope, Medicine & Healing."

WHEN: By appointment

DETAILS: Dr. Francisco Contreras is a physician of international stature and experience, having represented Mexico on a mission to Slovakia and worked with the Japanese Medical Association. In the United States, he has been honored by the Georgia House of Representatives for his work fighting cancer.

Mexico, where the epidemic appears to have originated, lowered its health alert level from high to elevated Monday, citing improvements in the battle against swine flu, but government officials stressed the need to remain vigilant. U.S. health officials cautioned that the H1N1 virus is still on an "upswing" in the United States. And the World Health Organization reported at least 985 cases across 20 countries.

As of Monday, no cases of swine flu had been reported in Tijuana, where Dr. Contreras' Oasis of Hope hospital is located, although nearby San Diego reported some of the first cases in the United States. As a medical professional, Dr. Contreras can offer basic tips for staying prepared and preventing illness.

NOTE: For more information or to schedule an interview with Dr. Francisco Contreras, contact Steve Yount of A. Larry Ross Communications at 972.267.1111 or steve@alarryross.com.