



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

For more information, please call: (989) 773-5921 ext. 8413
2012 E. Preston Avenue, Mt. Pleasant, Michigan 48858, www.cmdhd.org

To: Local News Media

From: Dr. Robert Graham, Medical Director

RE: Probable H1N1 Flu Case

Release Date: May 4, 2009 at 5:30 p.m.

Probable H1N1 Flu Case Reported in Clare County

The Central Michigan District Health Department (CMDHD) has been informed of a probable case of H1N1 influenza (formerly referred to as swine flu) in Clare County. This means that a case tested positive for influenza A at the state laboratory. The state laboratory results will be sent to the Centers for Disease Control and Prevention (CDC) for further testing to determine if the case is in fact positive for H1N1. CMDHD expects to receive test results from the CDC in approximately three business days.

"I can't stress enough how important it is for people to cover their mouths when they cough or sneeze and to wash their hands frequently to help prevent the spreading of germs," said Dr. Robert Graham, Medical Director for the Central Michigan District Health Department.

According to Graham, there is no vaccine available at this time, so it is important to take the following steps to prevent spreading the virus to others:

- As always, people with respiratory illness should stay home from work or school to avoid spreading infections, including influenza, to others in the community.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently with soap and water, especially after you cough or sneeze, to lessen the spread of respiratory illness. Alcohol-based hand sanitizers are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue in the trash after you use it. If no tissue is available, you can also cough or sneeze into your shirt sleeve.
- People experiencing severe symptoms including cough, fever, fatigue, sore throat, chills, headaches, body aches possibly along with diarrhea and vomiting, should call their physician.

H1N1 influenza viruses are not transmitted by food and a person cannot get swine influenza from eating pork products. The antiviral drugs Tamiflu and Relenza have been shown to be effective in lessening the severity and duration of H1N1, if taken early.

Identifying cases of illness, educating the public and mitigating the effects of this outbreak are priorities for the local health department. Information and updates will be posted on the CMDHD website at www.cmdhd.org.

Central Michigan District Health Department serves the residents of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties.

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Editorial Note: No further information will be released on the case in an ongoing effort to protect patient confidentiality and comply with federal laws that protect individually identifiable health information.