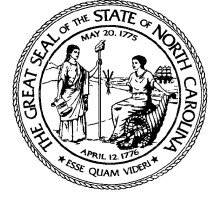




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Hoke County Health Department H1N1 Influenza Virus Update and Information

Public health officials within the United States and throughout the world continue to investigate cases of the novel H1N1 influenza (swine flu) virus. H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. Other countries, including Mexico and Canada, have reported people sick with this new virus. This virus is spreading from person-to-person, probably in much the same way that regular seasonal influenza viruses spread. Health care officials are concerned about the novel H1N1 flu spreading from person-to-person and they are acting to combat this threat, but the outbreak could grow.

CDC and local and state health agencies are working together to investigate this situation. The CDC has confirmed 2618 cases of novel H1N1 flu infection in 44 states in the United States. Only 1 death in the US has occurred. Nationally, 4694 cases of H1N1 flu have been confirmed in 30 countries. Public Health officials report that North Carolina has 11 confirmed case of H1N1 flu and 0 probable cases. The investigation of cases continues to be on-going both nationally and in the US. Public Health officials in North Carolina continue active surveillance as they expect that illnesses will continue for sometime. For more information concerning H1N1 Influenza infection, please see the Centers for Disease Control and Prevention (CDC) website: <http://www.cdc.gov/h1n1flu>.

Because public health officials expect that illnesses will continue it is important that you recognize the symptoms, know what to do and be aware of what you can do to prevent the spread of illness.

The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu in humans.

Common symptoms include:

- * Fever (greater than 100°F or 37.8°C)
- * Sore throat
- * Cough
- * Stuffy nose or runny nose
- * Chills
- * Headache and body aches
- * Fatigue (tiredness)
- * Diarrhea
- * Vomiting

The high risk groups for novel H1N1 flu are not known at this time but it's possible that they may be the same as for seasonal influenza. People at higher risk of serious complications from seasonal flu include people age 65 years and older, children younger than 5 years old, pregnant women, people of any age with chronic medical conditions (such as asthma, diabetes, or heart

disease), and people who are immunosuppressed (e.g., taking immunosuppressive medications, infected with HIV). Individuals with this flu like illness should remain at home. Keep sick children at home. Do not go to work, school, or travel while ill. This will prevent the spread of illness.

However, if your symptoms get worse (such as having trouble breathing, shortness of breathe, chest pain) contact your health care provider or seek medical attention. If you seek medical care, wear a mask or cover your coughs and sneezes with a tissue. Your health care provider will determine whether flu testing or treatment is needed based on current CDC guidelines. Be aware that if the flu becomes wide spread, there will be little need to continue testing people, so your health care provider may decide not to test for the flu virus.

To protect yourself, your family and your community, you can help fight this H1N1 flu and prevent the spread of illness by practicing the following “Good Health Habits”:

- Stay informed. Health officials will provide additional information as it becomes available. Visit the [CDC H1N1 Flu website](#).
- Avoid close contact with sick people.
- When you cough or sneeze, cover your nose and mouth with a tissue or your sleeve (if you do not have a tissue). Throw the used tissues in a trash can.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- If you are sick with a flu-like illness, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. Keep away from other household members as much as possible. This is to keep you from infecting others and spreading the virus further.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you don't have one yet, consider developing a family emergency plan as a precaution. This should include storing a supply of extra food, medicines, and other essential supplies. Further information can be found in the "[Flu Planning Checklist](#)"

It's important for everyone to know what to do about this flu. For more information, you may contact your local Health Department at 910-875-3717.

North Carolina residents who want general information about the H1N1 flu may also call the 'NC Department of Health and Human Services' Care Line:

1-800-662-7030 (English/Spanish)
1-800-452-2514 (TTY)

For further details, visit www.cdc.gov/h1n1flu