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NEWS RELEASE

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FOR IMMEDIATE RELEASE

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FIRST CASE OF H1N1 SWINE FLU REPORTED IN KINGS COUNTY

HANFORD – Tests conducted have confirmed the first case of human swine flu in Kings County in a 12 year old child. The child is doing fine and has returned to school. This is the first confirmed case of swine flu in Kings County.

Dr. Michael Mac Lean, Kings County Health Officer explained, “The H1N1 swine flu virus, like the seasonal flu, spreads easily from person-to-person. We expected that it was only a matter of time before we had a case in Kings County.” He continued, “To date, the H1N1 flu has been comparable in severity to the typical seasonal flu.”

Swine flu spreads the same way as seasonal flu, mainly through coughing or sneezing by infected people. The symptoms of swine flu are similar to those of regular seasonal flu - fever, cough, sore throat, body aches, headache, chills and tiredness. Some people have reported diarrhea and vomiting with swine flu. Most people who have become sick with swine flu have had mild symptoms and have recovered fully. However, anyone with severe or prolonged symptoms should contact his or her doctor.

Dr. Mac Lean emphasized, “Efforts to prevent the transmission of H1N1 swine flu as well as seasonal flu are important. Controlling the spread of an infectious disease like swine flu is a shared responsibility - individuals have a key role in reducing their own likelihood of getting infected. “

Simple measures to prevent transmission of the virus include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Use a tissue or cough into your elbow.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective if soap and water are not available.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth.
- .If you're sick, stay home.