



DOUGLAS COUNTY
HEALTH AND SOCIAL SERVICES

FOR IMMEDIATE RELEASE

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DOUGLAS COUNTY'S FIRST CONFIRMED CASE OF PANDEMIC INFLUENZA A (H1N1)

Public Health officials are reporting the first confirmed case of pandemic influenza A (H1N1) in a Douglas County resident. The Douglas County case, an adolescent, did not require hospitalization and is recovering.

As of June 26, the Oregon Public Health Laboratory has identified 291 confirmed cases of pandemic influenza A (H1N1) in fifteen counties. The cases remain fairly evenly split between the sexes with 151 males and 140 females. The cases range in age from 0 to 78 years; the median age is 16. Thirty-two hospitalizations have been reported (six 0-4 year-olds, fourteen 5-24 year-olds, eleven 25-64 year-olds and one 65+ year-old). Three deaths have been reported (one child and two adults).

Public Health officials continue to press the need to take the basic precautions to prevent the spread of all flu strains. "The most important things you can do to protect your health are to wash your hands frequently, cover your cough, and stay home if you are sick," said Dawnelle Marshall, RN, BSN, Douglas County Public Health Director.

The basic precautions are:

- Avoid close contact with people who are sick
- 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. This is to keep from infecting others and spreading the virus further.
- Cover your mouth and nose when coughing or sneezing using a tissue, or cough or sneeze into your elbow to avoid contaminating your hands
- Avoid touching your eyes, nose or mouth as germs spread this way
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Practice other good health habits (eat healthy, get plenty of rest, don't smoke)
- Stay informed. Health officials provide updated information at www.cdc.gov.

The Oregon Public Health Division website www.flu.oregon.gov is updated regularly to provide information to the public.

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