



Allen County Health Department

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Public Health
Prevent. Promote. Protect.

N E W S

For Immediate Release

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Confirmed H1N1 (swine) Flu in Allen County Man

LIMA – The Allen County Health Department has received a report of a confirmed case of H1N1 flu; a 20 year old male student at the University of Northwest Ohio. Information we have received indicates the young man lives alone off campus; we are unable to link this illness to the previous case of H1N1 in a UNOH student in early May. Current students and staff are encouraged to be aware of flu symptoms and stay home if they are ill, except to seek medical care. According to the CDC, most people are expected to recover without needing medical care.

“If people do develop flu-like symptoms, we continue to stress the importance of staying home and away from others for 7 days after symptoms start, or for 24 hours after symptoms are gone, whichever is longer,” says Allen County Health Commissioner David Rosebrock, MPH.

Symptoms of the H1N1 flu are:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches/Headache
- Chills
- Fatigue
- Vomiting and diarrhea have also been reported

If you have severe illness, contact your health care provider or seek medical care. People who have a chronic condition such as diabetes, heart disease, asthma, or emphysema, or are pregnant may want to contact their health care provider about any special care they might need.

People are encouraged to do their part if ill – stay home, recover and keep others well.

Ohio has confirmed 30 cases of H1N1 to date with no deaths from the disease. Over 10,000 cases have been confirmed in the U.S. with 17 deaths. So far, the largest number of novel H1N1 confirmed and probable cases (more than 60%) have been in people between the ages of 5 years and 24 years old.

It is important for every one to follow these every day actions to prevent illness:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- **Stay home if you get sick.** Even if you start to feel better, it is important that you stay home for the recommended time except to seek medical care. People should not travel, go to work or school, or run errands.

More information is available on the Health Department website, www.allencountyhealthdepartment.org. More information about swine flu can be found on the CDC website: <http://www.cdc.gov/h1n1flu> and www.odh.ohio.gov (Ohio Department of Health).

The Ohio Department of Health is staffing a toll-free H1N1 flu information line from 8:00 am – 5:00 pm Monday – Friday, – 1-866-800-1404 in English and Spanish.

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