



Allen County Health Department

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Public Health
Prevent. Promote. Protect.

N E W S

For Immediate Release

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Allen County Health Department Monitoring National Outbreak

LIMA – The Allen County Health Department continues to work with state, regional, and local partners to monitor the outbreak of H1N1 Flu– commonly referred to as swine flu.

“Our goal is to provide information to help health care providers, public officials and the public address the challenges posed by the new virus,” says Allen County Health Commissioner David Rosebrock, MPH. “We are working with local hospitals and physicians to monitor patients with flu-like symptoms and any history of recent travel to or contact with someone from any of the affected areas preceding their illness.”

Health department officials offer these 3 steps for local residents as we continue to monitor the developments.

First - Take Care of Yourself by Staying Informed.

The health department will work closely with local media to get information out to our community as needed as the situation changes.

Second –Take Every Day Actions to Stay healthy

- Avoid close contact with people who are sick – remember, we are still seeing people with seasonal flu at this time of year.
- Wash your hands often.
- Avoid touching your eyes, nose or mouth – this is one of the easiest ways for germs to spread.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Practice other good health habits by getting plenty of sleep, being physically active, eating nutritious foods, and drinking plenty of fluids.
- If you are sick, please do not go to work or school.

Third - Be Prepared

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. Information and guidance can be found at

<http://www.pandemicflu.gov/>

If you are Sick –The most important thing you can do to limit the spread of disease is to stay home and limit your contact with other people.

Symptoms of the H1N1 flu (swine flu) are similar to seasonal flu: fever, nasal congestion, sore throat, or cough. If you have these symptoms and have traveled to any of the affected areas or been in close contact with someone who is sick with H1N1 flu, call your health care provider to report this illness before you go to the doctor's office, clinic or hospital. Persons who have difficulty breathing or shortness of breath or are believed to be severely ill should seek immediate medical attention.

With the new flu virus coming at the tail end of our usual flu season, it is important for people to stay healthy. Influenza is always serious – each year, in the United States, seasonal influenza results, on average, in an estimated 36,000 deaths from flu-related causes. This H1N1 flu outbreak poses the potential to be at least as serious as seasonal flu, if not more so.

Phone numbers for information:

Ohio Department of Health: 1-866-800-1404 – open daily from 8:00 am –5:00 pm

Allen County Health Department Information line (recorded message) – 419-228-INFO (4636) – Option #6

Since this is an on-going investigation and information is changing rapidly, we will be closely following national and state developments and keeping local residents informed. More information is available on their websites:

www.cdc.gov/h1n1flu (CDC) and www.odh.ohio.gov (Ohio Department of Health).

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