

Crawford County General Health District & Galion City Health Dept.
Media Release
Wednesday, April 29, 2009

Health Departments Recommend Prevention Measures

City and county officials issue travel health warning, home care guidelines

BACKGROUND: **Crawford County General Health District and Galion City Health Dept. continue heightened surveillance** as a result of the swine (H1N1) flu outbreak. Both health jurisdictions are collaborating with the Ohio Department of Health and the Centers for Disease Control and Prevention.

WHO: Crawford County General Health District and Galion City Health Dept

WHAT: **As of 2:30 p.m., there were no reported cases of illness due to swine flu in Crawford County.** The CDC is reporting 94 human cases of swine influenza A (H1N1) in the United States. This includes 7 additional cases in New York, 3 additional cases in California and 4 additional cases in Texas. The confirmed case count is: California (10), Kansas (2), New York (45), Ohio (1) and Texas (6). Five hospitalizations have been reported. One death has been confirmed so far in Texas.

TRAVEL HEALTH WARNING : Control and Prevention recommends that U.S. travelers avoid all nonessential travel to Mexico. Changes to this recommendation will be posted at <http://wwwn.cdc.gov/travel/>.

- During your visit to an area affected by swine (H1N1) flu, monitor the local situation by paying attention to announcements from the local government and follow local public health guidelines, including any movement restrictions and prevention recommendations.
- Practice healthy habits to help stop the spread of swine (H1N1) flu. Washing your hands often with soap and water or alcohol-based hand gel. Cover your mouth and nose when you sneeze or cough.

SYMPTOMS: The symptoms of swine (H1N1) flu in people to date are similar to the symptoms of regular human seasonal influenza, which includes high fever, muscle aches, lack of appetite and coughing. Some people with swine flu (H1N1) also have reported runny nose, sore throat, nausea, vomiting and diarrhea

PREVENTION: Public health officials offer the following prevention recommendations:

- Stay informed
- Cover your cough by using your sleeve or arm. You may also cover your nose and mouth with a tissue when you cough or sneeze. Throw away the tissue in the trash.
- 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.
- Try to avoid close contact with sick people.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, we recommend you stay home from work or school and limit contact with others to keep from infecting them.

HOME CARE GUIDELINES: Crawford County General Health District and Galion City Health Dept. recommend following the Red Cross guidelines on how to care for someone who is ill with influenza. These guidelines also instruct the caregiver on how to protect themselves and others. This information is available in English, Spanish and Somali at www.ColumbusPandemicFlu.com.

SWINE (H1N1) FLU Q&A: A comprehensive swine (H1N1) flu Q&A and other materials have been created and are posted at www.ColumbusPandemicFlu.com, a Web site operated by both health departments

For additional national and international information about national and international swine flu, go to:

www.CDC.gov/swineflu for the latest in information from around the U.S. and the world.

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Galion City Health Dept
Crawford County Emergency Management Agency