



PRESS RELEASE FOR LOCAL MEDIA

Central Michigan District Health Department
"Promoting Healthy Families, Healthy Communities"

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To: News Media
From: Central Michigan District Health Department
Release Date/Time: May 20, 2009 at 3:00 p.m.
RE: Confirmed case of H1N1 flu in Isabella County

The Central Michigan District Health Department (CMDHD) has been informed by the Michigan Department of Community Health (MDCH) that Isabella County has their first confirmed case of H1N1 flu virus. Earlier this month, a confirmed case had been found in Clare County. The confirmed case is expected to make a full recovery. Michigan currently has 170 confirmed cases with a total of 5,469 cases confirmed nationwide (as of May 19, 2009).

Current information is showing that the H1N1 influenza is behaving similar to seasonal influenza. H1N1 is no worse than seasonal influenza. School closure or cancellation of public gatherings is not recommended. The incubation period for the H1N1 influenza is three days. A person infected with this flu may shed the virus for seven days after onset of their illness.

"Now that H1N1 flu is in our community, it is more important than ever for people to cover their mouths when they cough or sneeze and to wash their hands frequently to help prevent the spread of germs," said Dr. Robert Graham, Medical Director for CMDHD. He also advises residents to take the following steps to prevent spreading the virus to others:

- If you are sick stay home to avoid spreading infections, including influenza, to others.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth.
- Wash hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash. If no tissue is available, cough or sneeze into your shirt sleeve.
- People experiencing severe symptoms including cough, fever, fatigue, sore throat, chills, headaches, body aches; possibly along with diarrhea and vomiting, should call their physician, especially those who are under 5 years of age, over 65 years of age, or have chronic medical conditions.

CMDHD is recommending anyone experiencing influenza-like illness (fever with either a cough or sore throat) to stay home for seven days after the onset of illness or at least 24 hours after symptoms are gone, whichever is longer.

Please visit www.cmdhd.org for more information.

This article has been brought to you by Central Michigan District Health Department, which serves the local residents of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon counties.

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Editorial Note: No further information will be released on the case in an ongoing effort to protect patient confidentiality and comply with federal laws that protect individually identifiable health information.