



Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



Public Health
Prevent. Promote. Protect.

“Working Together for a Healthier Community”

Health Information Line: (518) 565-4490 Web: www.clintonhealth.org

Health Services Unit

Coordinator: Nancy Smith

Phone: (518) 565-4848 **Fax:** (518) 563-4821

Clinton County Health Department Press Release

Swine Flu

April 27, 2009: For Immediate Release

Recently, an outbreak of swine flu in Mexico City has spread to areas in the United States (US) from travelers returning from trips there, including students from a school in New York City. The swine flu is spread from direct contact with people who are infected, and is spreading from person to person.

No cases of swine flu have been reported in Clinton County to date. Ordinary seasonal flu is still active in New York State including Clinton County.

The symptoms of swine flu in people are similar to the symptoms of regular seasonal influenza and include fever, extreme tiredness, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting, and diarrhea.

Severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in some people in Mexico. Most cases of swine flu in the US have been mild and treated at home. If you think you have symptoms of swine flu, and have recently been traveling, contact your doctor. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. There are antiviral drugs that are effective and available for treating swine flu.

The Clinton County Health Department (CCHD) is working with its partners in the community to monitor flu activity in the county, and is reminding Clinton County residents to take usual precautions to prevent the spread of this disease. Measures to prevent spread of both seasonal flu and swine flu include:

- Wash hands often with soap and warm water.
- Use alcohol-based hand cleansers when soap and water is unavailable.
- Stay home from work or school if you are sick.
- Use tissues when you cough, sneeze, or spit and dispose of the tissue in a covered trash bin. Wash hands or use alcohol cleanser immediately after handling tissues.
- Cough or sneeze into your sleeve.

- Keep hands away from face. Avoid touching eyes, nose, or mouth.
- Clean surfaces in shared spaces such as phone receivers, keyboards, and office equipment.
- Do not share personal items such as forks, spoons, toothbrushes, and towels.
- If you are sick, do not visit infants, the elderly, or the sick.
- Try to keep six feet of space from individuals who are coughing or sneezing.

It is not possible to contract swine flu from consuming pork properly cooked to an internal temperature of 150 degrees F or if ground pork to 158 degrees F.

For more information about swine flu and precautionary measures, go to:

CCHD website at: www.clintonhealth.org

NYS website at: www.nyhealth.gov.

CDC website at: www.cdc.gov/swineflu/

Endorsed by: _____

Paula Calkins Lacombe
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