



Clinton County Health Department

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Public Health
Prevent. Promote. Protect.

"Working Together for a Healthier Community"

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Clinton County Health Department Press Release #5 "H1N1 Case in Clinton County" May 15, 2009

The Clinton County Health Department has received notification of the first H1N1 diagnosis of a Clinton County resident. A child, with a significant underlying medical condition, tested positive for H1N1 influenza on Thursday, May 14. The child is recovering and appropriate steps are being taken to identify close contacts to monitor for illness. The child had recently traveled to a part of the state where H1N1 cases had previously been identified.

The child began experiencing influenza like symptoms earlier this week and was immediately placed on an antiviral in an effort to diminish the impact of the illness. The antiviral appears to have been effective. The child was not hospitalized for the illness and no family members are experiencing influenza type illness. The child has not returned to school.

All New York State schools follow recommendations from the New York State Education Department and the New York State Health Department. These state authorities **no longer** recommend schools to be closed when a student tests positive for H1N1 influenza.

Over the last month the H1N1 virus had managed to spread across the country and throughout most of New York State. As more about the H1N1 strain of Type A influenza has been learned it has become apparent that for most people exposed, the illness results in mild to moderate illness.

Local health officials continue to advise all individuals to follow the following health tips to stay healthy:

- ◆ Wash hands often with soap and warm water.
- ◆ Use alcohol-based cleaners 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 your face. Avoid touching eyes, nose, or mouth.
- ◆ Clean surfaces in shared space 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 those with serious

medical conditions.

- ◆ Try to keep six feet of space between you and other individuals who are coughing or sneezing.

It is not possible to contract H1N1 (swine flu) from eating pork or pork products.

For more information about H1N1 and additional precautionary measures and daily updates go to:

Clinton County Health Dept. website: www.clintonhealth.org

New York State website: www.nyhealth.gov

Center for Disease Control website: www.cdc.gov/swineflu/

Recorded messages about swine are available by calling the Clinton County Health Info Line at 518-565-4490 and choose option 2. The toll free 24/7 NYS public call center is 1-800-808-1987 and connects to a live person.

Endorsed by: _____

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Director of Public Health

