



For Immediate Release August 26, 2009

The Health and Medical Providers of Franklin County are alert and monitoring the H1 N1 flu situation. We are actively looking for cases so that if they occur here, we will be able to act quickly. Because we are actively looking for it now, we may find more cases across the United States.

Why is the public health community on alert?

- This is a new virus, not seen before in humans. Because it is new, there may be no natural immunity in our population. It is unlikely that the current seasonal flu vaccine will offer any protection.
- So far, it has been relatively mild with everyone in the U.S. affected recovering.
- H1N1 flu is treatable with certain anti-viral medications, rest and drinking plenty of fluids.
- H1 N1 flu is preventable, as are other influenzas. Practice good hygiene.

To prevent the spread of H1N1 flu or any other influenza: At School

- **Wash Your Hands Frequently!**
- **Avoid contact** with ill persons.
- When you cough or sneeze, **cover your nose and mouth** with a tissue or your sleeve (if you do not have a tissue). Throw used tissues in a trash can.
- After you cough or sneeze, wash your hands **with soap and water**, or use an **alcohol-based** hand gel.
- **If you think you are ill with the flu**, avoid close contact with others as much as possible. **Stay at home. Seek medical care if you are severely ill (such as having trouble breathing).** There are antiviral medications for prevention and treatment of H1N1 that a doctor can prescribe. **Do not go to work, school, or travel while ill.**

If you have any questions or concerns, please call contact Franklin County Health Department or you family physician.

Flu symptoms may include: fever greater than 100 degrees, sore throat, stuffy nose, chills, headache and body aches, vomiting and diarrhea. **If your child has a fever, they must be fever free for 24 hours before coming back to school. (This will be enforced at the schools)**

Franklin County Public Health, Ransom Memorial Hospital, and our local medical providers have planned and prepared for situations such as this. We will continue to watch the situation closely to protect our community.

Please contact the school when your child has any type of illness.

For more information:

- **Contact Franklin County Health Department at 229-3530**
- **Contact your family physician**
- **Contact CDC 24 Hours/Every Day**
 - **1-800-CDC-INFO (232-4636)**
 - **TTY: (888) 232-6348**
 - cdcinfo@cdc.gov