

Delaware General Health District
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NEWS RELEASE

DELAWARE COUNTY'S 2ND H₁N₁ FLU CASE

P.O. Box 570 1-3 W. Winter St. Delaware OH 43015
740-368-1700 FAX 740-368-1736 Web Site: www.delawarehealth.org

FOR IMMEDIATE RELEASE

For further information contact Jesse Carter, public information officer, at 740-203-2085.

DELAWARE, Oh., July 2, 2009 – A 37-year-old man from Powell has a confirmed case of Novel H₁N₁ Influenza. He is the second known case of the disease in Delaware County.

The man is recovering at home after being hospitalized earlier this week. The Delaware General Health District is working with Columbus and Franklin County public health authorities to trace persons who might have been in contact with this individual. No additional cases of H₁N₁ flu have been linked to the man.

The case was confirmed just one day after the first H₁N₁ flu case was confirmed in Delaware County. That case involves a 13-year-old Powell boy who became ill while attending camp in an adjoining state. There is no known connection between the two cases.

The Health District advises everyone to protect yourself from flu with these measures:

- Wash your hands frequently with warm water and soap to kill germs.
- Cover your coughs and sneezes with your sleeve or a tissue. This catches germs so they don't infect others.
- Stay home from work or school if you are feeling sick, and keep sick children home from daycare, camp, and other activities. The Centers for Disease Control and Prevention recommend that persons experiencing flu symptoms stay home until 7 days after symptoms appear or until they have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus.