

# **Delaware General Health District**

## ***Dedicated to your health***

# NEWS RELEASE

## **LEWIS CENTER MAN HAS DELAWARE COUNTY'S THIRD H1N1 FLU CASE**

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### **FOR IMMEDIATE RELEASE**

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**DELAWARE, Oh., July 7, 2009** – Delaware County's third confirmed case of Novel H<sub>1</sub>N<sub>1</sub> Influenza was reported today.

A 39-year-old Lewis Center man has the disease, laboratory tests confirm. The man started experiencing flu symptoms on June 29 while on an overseas trip. On the advice of his doctor, the man remained home in isolation last week. He has recovered from flu symptoms and returned to work.

The man is the third Delaware Countian to be confirmed with the H<sub>1</sub>N<sub>1</sub> flu in the past week. The other cases are a 13-year-old boy and a 37-year-old man, both from Powell. There is no apparent connection among the three. The Ohio Department of Health is reporting 127 confirmed cases in the state, not counting the latest Delaware County case.

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.