



*"Dedicated to Your Health"*

**Delaware General  
Health District**

# **H<sub>1</sub>N<sub>1</sub> INFLUENZA (Swine Flu)**

## **Public Health Advisory**

**May 8, 2009**

The Delaware General Health District continues to closely monitor the H<sub>1</sub>N<sub>1</sub> Influenza (Swine Flu) situation in concert with state and federal Public Health authorities. There are no confirmed cases in Delaware County and 7 confirmed cases in the State of Ohio.

Symptoms include:

- Fever
- Body Aches
- Runny nose and/or sore throat
- Nausea, vomiting, and/or diarrhea

Persons with these symptoms who have recently traveled to areas where there have been H<sub>1</sub>N<sub>1</sub> Flu outbreaks should be seen by a doctor and tested, under guidelines developed by the Centers for Disease Control and Prevention.

**There is no vaccine to protect people from H<sub>1</sub>N<sub>1</sub> flu at this time. Because of that, it is extremely important that you protect yourself against H<sub>1</sub>N<sub>1</sub> Flu and other diseases by:**

- Washing your hands frequently with warm water and soap to kill germs.**
- Covering your coughs and sneezes with your sleeve or a tissue. This keeps germs from flying into the air and infecting others.**
- Staying home from work or school if you are feeling sick, and keeping sick children home from school and daycare.**

You cannot get H<sub>1</sub>N<sub>1</sub> flu from eating pork.

The latest updates will be posted regularly on [www.delawarehealth.org](http://www.delawarehealth.org) and recorded on our Information Line (740-203-2015).

If you have questions about H<sub>1</sub>N<sub>1</sub> Flu, call the Health District at 740-368-1700 and ask for the Communicable Disease Team.