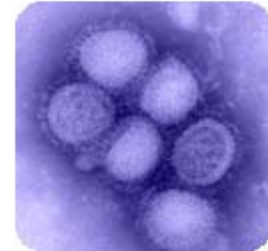


H1N1 Influenza

Zanesville-Muskingum County Alert

As of late July, 2009, the Centers for Disease Control and Prevention (CDC) stopped reporting individual cases of H1N1 influenza. CDC is reporting the total number of hospitalizations and deaths weekly, and continues to use other methods to track the progress of the flu outbreak in the US..



Local health officials expect that more cases, more hospitalizations and more deaths from this outbreak will occur during the 2009-2010 flu season. Public health officials in Muskingum County and Zanesville are tracking flu illness in order to take the needed steps to prevent and control the spread of flu.

The public is urged to stay home from work or school if ill, which plays a major role in stopping the spread.

Ohio information: <http://www.odh.ohio.gov>

U.S. information: www.cdc.gov/h1n1flu/

Prevention

Everyday actions to stay healthy.

- Stay informed.
- Cover your cough by using the sleeve of your garment. You may also cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective (with at least 60% alcohol).
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Don't shake hands
- Avoid close contact with sick people. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.



Stopping the Spread

Stay home if you are sick and contact a health-care provider.

Anyone who is sick, especially those who may be experiencing a fever of more than 100°F, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea, please stay home from school or work and contact a health-care provider. **This is critical to stopping the spread of illness.** CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.

Symptoms

The symptoms of H1N1 flu in people are expected to be similar to the symptoms of regular human seasonal influenza, and include:

- high fever of more than 100°F
- lethargy
- lack of appetite
- coughing
- some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea

