



Columbia County Department of Health

Nancy A. Winch, R.N., M.S.

Public Health Director

325 Columbia Street Hudson, • NY 12534 • (518) 828-3358 • Fax (518) 828-8472

News Release 05/15/2009

Health Department reports Swine Flu Continues to Spread

The Center for Disease Control (CDC) anticipates that there will be more cases and more hospitalizations associated with this new H1N1 virus in the coming weeks. To date there are 3352 cases in 45 states. Columbia County remains free of any Swine Flu confirmed cases but it is likely cases will be detected in our area as the virus spreads. The New York State Department of Health Laboratory has an increased capacity to test specimens for the Swine virus allowing results to be obtained in 48 hours. Since the virus symptoms have been milder than the seasonal flu, school closure is no longer being recommended when a student contracts the illness.

Swine Flu symptoms are:

- ✓ FEVER over 100 degrees plus cough, sore throat and runny nose, some may have body aches, chills, vomiting and fatigue.

If you think you have the Flu:

- ✓ Stay home! Do not go to work or school.
- ✓ Avoid Close Contact with others until you are free of symptoms for 24 hours.

To Reduce your Chances of getting the Flu:

- ✓ Cover your mouth and nose with a tissue when you cough or sneeze.
- ✓ Wash your hands often with soap and water or use alcohol-based hand gel.
- ✓ Avoid touching your eyes, nose and mouth.
- ✓ Avoid contact with ill persons.

Swine Flu is considered a mild illness, less serious than the usual seasonal flu, but if your symptoms are severe consult your doctor.

NYSDOH is closing its Hotline but Columbia County continues to have the Swine Flu line @ 828-1212. CDC line is available @ 1-800-232-4636 or <http://www.cdc.gov/h1n1flu> or call the Columbia County Department of Health @ 828-3358 ext. 1247.