



Sandusky County Department of Public Health

"Serving Fremont, Clyde and All of Rural Sandusky County"

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Health Commissioner

FOR IMMEDIATE RELEASE

April 30, 2009

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There continues to be only one confirmed case of the 2009 H1N1 (formerly known as the Swine Flu) virus confirmed within the state of Ohio. The Strategic National Stockpile has released twenty-five percent of its anti-virals and personal protective equipment across the United States. Ohio has received its portion and they are being positioned across the state to be utilized if the situation arises. Locally, the Sandusky County Health Department continues to maintain constant surveillance and regular communication with Ohio Department of Health as well as other counties across the state of Ohio.

On April 29th, the World Health Organization (WHO) raised the pandemic alert level to Phase 5. According to the WHO website, "Phase 5 is characterized by human-to-human spread of the virus into at least two countries in one WHO region. While most countries will not be affected at this stage, the declaration of Phase 5 is a strong signal that a pandemic is imminent and that the time to finalize the organization, communication, and implementation of the planned mitigation measures is short."

Local health officials continue to stress the importance of proper hygiene habits at all times. These include:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

General Offices and Clinics
2000 Countryside Drive
Fremont, Ohio 43420
(419) 334-6377
FAX (419) 334-6380



www.sanduskycohd.org

Home Care Programs
2000 Countryside Drive
Fremont, Ohio 43420
(419) 334-6191

AN EQUAL OPPORTUNITY EMPLOYER/PROVIDER

Persons who experience influenza-like-illness and wish to seek medical care should contact their health care providers to report illness (by telephone or other remote means) before seeking care at a clinic, physician's office, or hospital. Persons who have difficulty breathing or shortness of breath, or are believed to be severely ill, should seek immediate medical attention.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, the H1N1 virus may cause a worsening of underlying chronic medical conditions.

Local officials will continue to meet regularly to ensure that the health and safety needs of all Sandusky County residents are met. For further information you can visit www.odh.ohio.gov or call 1-866-800-1404.