

NEWS RELEASE
FOR IMMEDIATE RELEASE
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First case of H1N1 confirmed in Douglas County

(Lawrence, KS) – The Lawrence-Douglas County Health Department confirms that a Douglas County resident has tested positive for the H1N1 virus.

The case is in an adult. The Health Department is following the guidance provided by the Centers for Disease Control and Prevention and the Kansas Department of Health and Environment. This includes a thorough case investigation and management of the client and close contacts.

If individuals are experiencing flu-like symptoms, they should contact their health care provider for treatment. Providers are encouraged to report flu cases to the Health Department as a means of monitoring the number of cases in the community.

Symptoms of the virus include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting.

As with any influenza virus, individuals are encouraged to take the following steps to reduce spread:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

It is important to know that the 2009 H1N1 influenza A virus is not transmitted by food. You cannot get this virus from eating pork or pork products. Eating properly handled and cooked pork and pork products is safe.