

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
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### **Health Department continues its H1N1 response**

**(Lawrence, KS)** – While no cases have been reported in Douglas County, the Lawrence-Douglas County Health Department is continuing its response to the 2009 H1N1 flu virus outbreak with surveillance, health education and communication with community partners.

A briefing was held Friday at the Community Health Facility where more than 50 representatives from city and county agencies learned more about the illness, its mitigation, containment and surveillance. The symptoms of H1N1 are characteristic of seasonal flu – sore throat, runny nose, aches and fever. Gastrointestinal symptoms also have been reported.

When flu is suspected, a nasal specimen can be tested to determine whether an influenza virus — either seasonal flu or H1N1 flu — is present. Antiviral medications used to treat the virus and additional supplies, will be available through the U.S. Department of Health's Strategic National Stockpile if needed.

The 2009 H1N1 flu virus is not transmitted by food. Therefore, pork products are safe to eat.

While the seasonal influenza vaccine does not protect against this unique virus, there are several key actions you can take to protect yourself and your family:

- 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.

“With these simple measures, we can prevent disease from spreading through our community for this illness as well as future outbreaks,” said Dr. Lori Hougham, Lawrence-Douglas County Health Department Health Officer/Medical Consultant.

There are several ways the public can obtain more information about H1N1:

- Call the Health Department at **(785) 843-0721** or visit its Web site at **[www.ldchealth.org](http://www.ldchealth.org)**
- Call the Kansas Department of Health and Environment’s H1N1 info line at **1-877-427-7317**. Operators are available to answer questions from **8 a.m.- 5 p.m. Monday through Friday**. Members of the public may also visit **[www.kdheks.gov](http://www.kdheks.gov)** for more information or e-mail their questions to **[h1n1fluinfo@kdheks.gov](mailto:h1n1fluinfo@kdheks.gov)**

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