



Charlie Crist
Governor

Ana M. Viamonte Ros, M.D., M.P.H.
State Surgeon General

PINELLAS COUNTY HEALTH DEPARTMENT

May 4, 2009

FOR IMMEDIATE RELEASE

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**Pinellas County Hospitals & Clinicians:
Reportable Disease Line: (727) 824-6932**

Pinellas County Health Department Swine Flu Update

#2 – Monday, May 04, 2009

Today we are confirming ONE Case of H1N1 (Swine Flu) in Pinellas County

- A 24-year-old male with recent travel to Mexico
- Case did not require hospitalization, individual is resting at home.
- The person's contacts have been notified about this case.
- Due to HIPAA privacy regulations, patient ID is not being released.

Symptoms

Fever of 100 degrees F or higher with some or all of the following symptoms:

- Cough
- Sore throat
- Runny nose/sneezing
- Vomiting (in some cases)
- Fatigue/ lack of energy

Use Common Sense Precautions

- Avoid people exhibiting flu-like symptoms
- Frequently wash your hands with soap and water or use hand sanitizer
- Cover coughs and sneezes – either cough/sneeze into sleeve or into tissue and dispose of in regular trash.
- Laundry – wash and dry as usual
- Dishes/cutlery – Wash as usual in dishwasher or hot tap water with detergent.
- Avoid touching eyes, mouth or face.

Treatment

- Call your doctor/clinic/ER **BEFORE** traveling to location (to prevent spread)
- Remain at home for seven days after the onset of symptoms (to prevent spread)
 - DO NOT return to work/school/other places until seven calendar days have passed
- Get plenty of rest and drink lots of fluids
- Use acetaminophen or ibuprofen to reduce fever and body aches. DO NOT give aspirin to children under 18.
- Family members/members of your household should wash their hands frequently.
- There is no vaccine against the H1N1 (Swine Flu) virus.
- Antiviral medications have been effective, but must be prescribed by a doctor.
- Surgical masks are of minimal effectiveness in preventing contracting the virus, but can help prevent the spread of the virus by infected persons if they must travel, i.e., to the doctor.

(MORE)



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Community Concerns

- NO cases of Swine Flu have been identified in Pinellas County Schools.
 - Decisions regarding school closures will be made in coordination with the School Board/Superintendent's office ONLY after a confirmed case involving a student/faculty/staff member.
- Employers are asked to extend liberal leave policies for employees with flu-like symptoms and consider alternatives such as telecommuting to reduce the likelihood of exposure to the virus.

We Strongly Recommend Home Isolation of Cases

- Persons who develop influenza-like-illness (ILI) (fever with either cough or sore throat) should be strongly encouraged to self-isolate in their home for seven days after the onset of illness or at least 24 hours after symptoms have resolved, whichever is longer.
- Persons who experience ILI and wish to seek medical care should contact their health care provider first 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.
- If ill persons **must** go into the community (e.g., to seek medical care) they should wear a face mask to reduce the risk of spreading the virus in the community when they cough, sneeze, talk or breathe. If a face mask is unavailable, ill persons needing to go into the community should use a handkerchief or tissues to cover any coughing.
- Persons in home isolation and their household members should washing their hands frequently with soap and water. Use alcohol-based hand gels (containing at least 60 percent alcohol) when soap and water are not available and hands are not visibly dirty. When the ill person is within six feet of others at home, the ill person should wear a face mask if one is available and the ill person is able to tolerate wearing it.

Regarding Household Contacts

Household contacts who are well should:

- remain home at the earliest sign of illness;
- minimize contact in the community to the extent possible;
- designate a single household family member as the ill person's caregiver to minimize interactions with those who do not have symptoms.

PinCHD is following guidelines from:

- Florida Department of Health - <http://www.doh.state.fl.us>
- Centers for Disease Control – <http://www.cdc.gov>
- World Health Organization (WHO) - <http://www.who.int/en>

**Florida Department of Health (DOH) Information Hotline 1-800-342-3557
TDD 1-800-226-4329**

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www.pinellashealth.com