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PRESS RELEASE-For Immediate Release

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South Central Public Health District Announces Five Confirmed H1N1 Infections

TWIN FALLS- Five south central Idaho residents have tested positive for novel H1N1 influenza virus infection. The individuals reside in Gooding, Jerome, and Blaine counties. None of them were hospitalized and are recovering at home.

Officials from South Central Public Health District are working with health care providers and family members to implement strategies to reduce the chances of transmitting the virus to other people.

Symptoms of the H1N1 infection are similar to seasonal flu, which is beginning to circulate in our communities. Symptoms include fever, cough, sore throat, body aches, headaches, chills and fatigue. Some people have also reported diarrhea and vomiting. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Anyone experiencing these symptoms should consult a health care provider for testing. Only testing can determine whether you have the novel H1N1 infection.

The best way to protect yourself from illness is:

- 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 with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread that way.

- Stay home from work or school if you get sick. Limit contact with others to keep from infecting them.
- Get vaccinated when it becomes available.

For more information about H1N1 infection, visit www.phd5.idaho.gov or www.flu.gov.

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