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**PRESS RELEASE-For Immediate Release**

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**South Central Public Health District Announces Three Confirmed H1N1 Infections**

TWIN FALLS- A 16-year old Minidoka County male, a 16-year old Twin Falls County female, and a 18-year old female visiting Blaine County have all tested positive for the novel H1N1 influenza virus infection. None of them were hospitalized and are recovering at home.

Initial investigation shows that the Minidoka and Twin Falls individuals had traveled to Provo, Utah, and had attended the same event. The 18-year old visitor has since left Blaine County. 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.

These are the first cases of H1N1 infections in south central Idaho. Public health officials across the state continue to work closely with healthcare providers to monitor influenza-like illnesses in our communities.

Symptoms of the H1N1 infection are similar to seasonal flu, which is still circulating 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. People cannot contract the infection from eating pork.

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.

For more information about H1N1 infection, visit [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).

Other important links for information:

[www.readyidaho.org](http://www.readyidaho.org)

[www.panfluidaho.org](http://www.panfluidaho.org)

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