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# News Release

January 12, 2011

**FOR  
IMMEDIATE  
RELEASE**

## FIRST H1N1 CASE CONFIRMED IN CANYON COUNTY

Southwest District Health (SWDH) officials confirmed the first Novel H1N1 flu case in Idaho. The reported case is a female in her 20's, who resides in Canyon County, and is recovering at home. She was not hospitalized and had no complications.

Although this has been a mild flu season, health district officials continue to remind individuals to take personal responsibility to protect themselves and their families from the flu. Southwest District Health is offering adult flu vaccinations for \$10 while the supply lasts.

"With the cold temperatures outside, we spend more time indoors in close proximities, which makes it easier to pass the virus," said Sandy Philippi, R. N. and Preventive Health Services Nurse Manager for Southwest District Health. "A flu vaccination is the single best way to protect you and your family against the flu," she said.

Seasonal flu is a contagious respiratory illness caused by influenza viruses and easily spreads from person-to-person. It can cause mild to severe illness; and at times can lead to death. It is primarily transmitted by the sneeze or cough of an infected person, or by direct contact with the infected person or contaminated surfaces.

According to Philippi there are everyday actions that public health officials recommend for people to practice to stay healthy and reduce the spread of any type of flu. It is important to teach your children how to reduce the risk of getting the flu and how to protect others from becoming infected.

- Wash your hands frequently or use an alcohol-based hand sanitizer and teach your family to do the same.
- Cover your coughs and sneezes with tissues or by coughing into the inside of your elbow or sleeve.
- Avoid touching your nose, mouth, and eyes
- Don't share food, utensils, or beverages with others
- Stay home from work or school if you are sick; and
- Practice a healthy lifestyle — get plenty of sleep, exercise regularly, and eat a healthy diet.

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### **MEDIA CONTACT**

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