

About H1N1...

As the H1N1 flu situation continues to unfold in our region, in the United States, and around the world, there continues to be a great deal of media coverage about this issue. Some of it is accurate and some of it does inform. However, some of it is designed to get you just to tune in. The Summit County Health District will continue to share the most accurate information from the most reliable sources, primarily the Centers for Disease Control and Prevention (CDC) and the Ohio Department of Health (ODH). Some information changes daily as more becomes known about the illness and the best way to respond to it. We will continue to post information on the Summit County Health District website. We are monitoring several sources of information for timely developments and if a significant local development were to occur, it will be communicated as directly as possible. The Summit County Health District encourages everyone to consider the following when you find yourself thinking about this issue:

Every year we have an influenza season.

Every year, some of you get vaccinated and some of you choose not to.

Every year, each of us can do very practical things to help reduce the risk that we will become infected.

Every year, these simple steps are the same ones to take whether you are considering protecting yourself from the annual seasonal flu or from this new variety.

- The simplest prevention is in your hands. Wash them frequently. Keep them away from your face.**
- The flu is spread through exposure to the droplets from coughs and sneezes. Cover your nose and mouth when you cough or sneeze. If you don't have a tissue, use the inside of your elbow. Then, wash your hands.**
- The flu is more likely to be spread when someone with the flu virus comes into close contact with someone who does not. If you are sick with flu-like symptoms, it is a good idea to stay away from others until you feel better. Remember to follow the other steps to avoid infecting someone at home.**

We consider the following information to be both current and accurate. As with any developing situation, it is subject to change over time. So far, almost all confirmed cases are mild with only a small percent seeking medical care. We do expect the number of confirmed cases to increase over time as more and more samples are tested. The more you look for it, the more you will find it. This is true for all conditions. This is part of good public health surveillance. One thing that won't change over time is that it is always a good time to plan ahead. That is not new. It is just good sense.

Be well. Be informed.

For Additional information:

Summit County Health District Communicable Disease Line 330-926-5787 (24 hour voice mail)

<http://www.schd.org>

ODH Information Hotline (toll free) 1-866-800-1404

www.odh.ohio.gov

www.cdc.gov