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State Surgeon General

FOR IMMEDIATE RELEASE
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Swine Flu: Update for Hendry & Glades Counties

Currently there are five confirmed cases of Swine Flu (H1N1) in Florida. Two of those cases are in Lee County. There is no vaccine available right now to protect against swine flu, but there is antiviral medication available to treat any confirmed cases. A toll free information line has been established to address an increasing number of calls from the public requesting Swine Flu information. The number is: 1-800-342-3557 and it is open from 8 a.m. to 8 p.m.

The Hendry and Glades County Health Departments are working closely with School Administration, Emergency Management, Health Care Providers, and the community to ensure that the communication of information and updates are issued in a timely manner. The current strategy is to educate the public on how to protect yourself and what to do if you are sick. For your protection, please do the following:

- Avoid close contact with people who are coughing or otherwise appear ill.
- Wash hands frequently with soap & water to lessen the spread of any respiratory illnesses.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If you get sick with influenza, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them.

The symptoms of swine flu in people are very similar to the symptoms of regular seasonal flu and include: -Fever (over 100°F) – Cough - Sore Throat - Body Aches – Headache - Chills - Fatigue. Some people have reported diarrhea and vomiting associated with swine flu.

If you experience any of the above symptoms, please **call** your health care provider **first** and discuss whether you need to be seen in their office, emergency department or stay home. People with respiratory illness should stay home from work or school to avoid spreading infections, including influenza, to others in the community. People with influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

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If you have any questions, please contact your healthcare provider.

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