

MOHAVE COUNTY DEPARTMENT OF HEALTH & SOCIAL SERVICES

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Patty Mead, R.N. M.S.
Health Director



For immediate release

PR: #SF2009-1

Enhanced Surveillance for Swine Influenza

April 27, 2009 (Kingman, AZ) – The Mohave County Department of Public Health (MCDPH), in coordination with the Arizona Department of Health Services (ADHS) and the Centers for Disease Control and Prevention (CDC), is actively monitoring the swine flu situation. MCDPH has activated its Emergency Response Team and is working with the health care community to monitor for suspect cases of swine flu. To date, the CDC has reported 40 laboratory confirmed human cases of swine influenza A/H1N1 in the United States; in California, Texas, Kansas, New York City, and Ohio. According to the CDC, all 40 U.S. cases have had mild Influenza-Like Illness with only one requiring brief hospitalization and no deaths have been reported. **There are currently no identified cases in Mohave County or Arizona.**

“The recent swine flu cases have made it necessary for us to enhance our monitoring.” stated Patty Mead, Health Director. “We are working with health care professionals around the county to monitor for and test potential cases of swine flu.”

The CDC has issued the following information regarding this swine flu:

- Swine flu is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs.
- This swine flu A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.
- The symptoms of swine flu in people are similar to the symptoms of regular human flu and include: fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu.
- Spread of this swine flu A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick.
- Swine flu viruses are not spread by food. You cannot get swine influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

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Christy Bronston, Nursing Services Manager, stated “There are things you can do to help prevent the spread of germs. This includes covering your nose and mouth with a tissue or your sleeve when you cough or sneeze, washing your hands often or using an alcohol-based hand sanitizer, and avoiding close contact with people who are sick. Although these may seem like basic measures, these are some of the most effective measures to prevent the spread of viruses” Bronston also stated that, “If you are sick, you should not go to school or work. This is the best way to ensure you aren’t infecting others.”

According to the CDC, if you become ill and experience any of the following warning signs, you should seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

For more information, please log on to www.HealthELinks.com and click on the swine flu link or call our toll free emergency information line at 1-866-409-4099.

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