

The Mohave County Department of Public Health has received confirmation of its first case of H1N1 (swine flu). The Arizona Department of Health Services' State Lab confirmed a case of H1N1 in a 6 year old, male, from Lake Havasu City. The child was not hospitalized and has recovered.

There is no vaccine available right now to protect against swine flu. There are things you can do to prevent the spread of germs that cause respiratory illnesses like influenza.

- 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 don't have a tissue, cough or sneeze into your sleeve - not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you aren't able to wash your hands, alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

If you have severe symptoms, contact your medical provider (click [here](#) to find out more information about Swine Flu).

For general information on swine flu, including symptoms and confirmed cases, please click [here](#), and choose the link "Swine Flu and You" for more information.

[Medical Facilities](#)