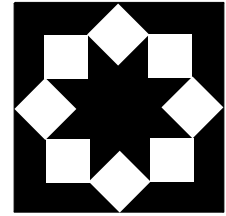


STEPHENSON COUNTY HEALTH DEPARTMENT
Building a Healthy Community

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Press Release
SWINE FLU OUTBREAK INFORMATION –
NO KNOWN CASES IN ILLINOIS OR STEPHENSON COUNTY,
BUT PREVENTIVE MEASURES URGED

FOR IMMEDIATE RELEASE - April 27, 2009

Freeport, IL - The Stephenson County Health Department (SCHD) is working with the Illinois Department of Public Health (IDPH) and the Centers for Disease Control and Prevention (CDC) to monitor the recent swine flu outbreak in an effort to protect the citizens of Stephenson County, according to Public Health Administrator Craig Beintema. "At this time, everything is precautionary. We are urging people to be aware of whether they have any flu-like symptoms, and to practice 'social quarantine.' In other words, if you feel ill, stay home," Beintema said. "Also, be aware that a person who is ill may still be contagious up to 48 hours after his symptoms go away."

As of 1:00 pm Eastern time today, the CDC has confirmed 40 human cases of swine influenza A (H1N1) in the United States: seven cases in California, two in Texas, 28 in

New York City, one in Ohio, and two in Kansas. **There are no known cases in Stephenson County or Illinois at this time.**

Swine flu is a respiratory disease of pigs caused by type A influenza virus. (Swine flu is not transmitted by food. You cannot get swine influenza from eating pork products; however, it is always recommended to thoroughly cook pork to avoid foodborne illness.) Typically, humans are not infected with swine flu, but infections can occur. Human cases generally involve people who have had direct contact with infected pigs, but the CDC has also established human-to-human transmission among these recent cases.

The CDC has confirmed swine flu in patients in Mexico and is working with health officials

there. Mexico's Minister of Health believes some of the people who were infected with swine flu have died. Although currently there are no travel restrictions recommended, this may change. If you are planning travel to Mexico follow these recommendations to reduce your risk of infection and help you stay healthy:

<http://wwwn.cdc.gov/travel/contentSwineFluMexico.aspx>.

If you are returning from travel to Mexico, pay close attention to your health for seven days. If you become sick with a fever plus a cough, sore throat or have trouble breathing during this 7-day period, **CALL** your doctor. **Stay home if you are sick**

unless your physician asks you to come in for medical care. By limiting contact with others as much as possible, you can help prevent the spread of infectious illness.

Regular seasonal flu symptoms include fever, lethargy, lack of appetite and coughing. Reported swine flu symptoms also include runny nose, sore throat, nausea, vomiting and diarrhea. The seasonal flu shot is not expected to protect against swine flu; therefore, the IDPH recommends taking the following precautions:

Cover your cough or sneeze.

Wash your hands frequently.

CALL your doctor if you have fever, cough, sore throat, body aches, headache, chills, and fatigue.

If you get sick with mild symptoms, stay home and limit contact with others to avoid infecting them.

This outbreak of swine flu in humans has the potential to cease to be an issue, or become a greater concern. Stay informed by watching local news programs or CNN, and listening to the radio for updates.

CDC has created a webpage with information and updates. Visit www.cdc.gov/flu/swine or call 1-800-CDC-INFO or http://www.cdc.gov/swineflu/espanol/swine_espanol.htm for information in Spanish.

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