

## Released through the Ulster County Executive's Office

### Swine Flu Facts

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Human cases of swine influenza A (H1N1) virus infection have been identified in the US and internationally

- There is no need to be overly concerned. The Center for Disease Control (CDC), the New York State Department of Health and the Ulster County Health Department are investigating and monitoring the situation closely. *As of 4/30/09 there have been no cases reported in Ulster County.*
- There have been 49 confirmed cases of swine flu in New York and 89 suspect cases in New York State.
- Symptoms of swine flu may include fever, cough, sore throat, congestion, body aches, headache, chills, and fatigue. Diarrhea and vomiting have been reported as symptoms, as well.
- If you have symptoms, you are urged to stay home and contact your health care provider ASAP. If you don't have a health care provider, you can call the Ulster County Health Department at 340-3090 for further guidance

It is important to note that ordinary seasonal flu, which has symptoms similar to swine flu, is still active in NYS. Precautionary measures for both seasonal flu and swine flu include:

- Wash your hands often with soap and warm water. Alcohol-based hand cleansers are also effective.
- Avoid people who are ill.
- If you have symptoms, please stay home and contact your health care provider.
- Use tissues when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

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- Keep hands away from your face. Avoid touching your eyes, nose or mouth.
- Clean shared space more often such as phone receivers, keyboards, steering wheels and office equipment.
- Refrain from sharing personal items such as forks, spoons toothbrushes and towels.

**For more information, contact:**

- 1. The Ulster County Health Department: 845-340-3090**
- 2. NYS Hotline: 1-800-808-1987**
- 3. NYS Department of Health Website: [www.nyhealth.gov](http://www.nyhealth.gov)**