



District 2 Public Health

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FOR IMMEDIATE RELEASE

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INFLUENZA LIKE ILLNESS (ILI) SEEN IN AREA CAMPS

GAINESVILLE, GA – Several cases of influenza like illness (ILI) have been reported at a few summer camps in north Georgia. Rapid tests for influenza on some of the patients were positive for the influenza A virus. While influenza typically causes mild to moderate discomfort, most people recover in 7 to 10 days after onset of symptoms. Symptoms of influenza and ILI include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people with chronic diseases or conditions that affect their immune systems may be at higher risk for more serious consequences of influenza, and should confer with their healthcare provider about the possible need for further care.

Public health has been working with the camps to provide guidance and surveillance of illness. The camps are following the CDC guidelines for resident and day camps www.cdc.gov/h1n1flu/camp.htm. They have implemented their plans for caring for ill campers as well as collaborating with their local hospitals and health care providers, District 2 Public Health, and the Georgia Division of Public Health.

The camps have put into action steps to limit the spread of illness such as separating campers that become ill from well campers and limiting contact between the camp and those outside of the camp.

There are some simple steps that you can take to help protect yourself and to prevent the spread of illnesses like influenza:

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.

- If you get influenza, the CDC recommends staying home to help prevent the spread of illness to others. Persons with more severe symptoms, or who seem to be getting worse instead of better, should contact their healthcare provider.
- Avoid close contact with sick people.

For more information: www.cdc.gov/h1n1flu
www.cdc.gov/h1n1flu/camp.htm
www.pandemicflu.gov
www.who.int

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