



## District 2 Public Health

David N. Westfall, M.D., CPE, Health Director  
1280 Athens Street • Gainesville, Georgia 30507  
PH: 770-535-5743 • FAX: 770-535-5958 • [www.phdistrict2.org](http://www.phdistrict2.org)

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Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

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**FOR IMMEDIATE RELEASE**

CONTACT: Dave Palmer, Public Information Officer

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PH: 770-531-5679 • FAX: 770-535-5958  
[dbpalmer@dhr.state.ga.us](mailto:dbpalmer@dhr.state.ga.us)

### **UPDATE ON NOVEL H1N1 INFLUENZA**

GAINESVILLE, GA – There have been a few novel H1N1 (Swine Flu) cases reported in the District 2 Public Health area and new cases are being reported sporadically. This is not unexpected as the virus continues to spread among people in the United States as well as many other countries. So far, the novel H1N1 flu virus has been very similar to seasonal flu with mild to moderate symptoms and most infected persons have been recovering in a few days even without anti-viral medication. In fact, CDC guidelines recommend using antivirals like Tamiflu only for high risk patients who have underlying medical conditions (asthma, diabetes, heart or kidney disease, for instance) which could make them more susceptible to influenza complications. If you have such a condition, and develop influenza symptoms, you should contact your healthcare provider for further guidance. Influenza antiviral drugs are not effective against other viruses that can cause influenza-like symptoms.

According to the Centers for Disease Control, this strain of the H1N1 virus is infecting children and young adults at a higher rate than the rest of the population. For this reason, organizations that provide services for children and young adults might see an increased incidence of influenza activity.

Symptoms of influenza include fever, cough, sore throat, body aches, headache, chills and fatigue. A few patients with the novel H1N1 strain have also reported nausea and diarrhea.

Public health officials encourage all people to step up their hygiene efforts by following these simple steps:

- 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.

Public health continues to provide guidance for camps and surveillance of illness. Camp officials are following the CDC guidelines for camps [www.cdc.gov/h1n1flu/camp.htm](http://www.cdc.gov/h1n1flu/camp.htm).

**For more information:**     [www.cdc.gov/h1n1flu/camp.htm](http://www.cdc.gov/h1n1flu/camp.htm)  
                                  [www.pandemicflu.gov](http://www.pandemicflu.gov)  
                                  [www.who.int](http://www.who.int)

**Camp web sites that have included information about influenza guidance:**

Boy Scouts of America <http://www.scouting.org/scoutsource/HealthandSafety/Alerts/swineflu.aspx>  
American Camp Association [http://www.acacamps.org/hottopics/swine\\_flu.php](http://www.acacamps.org/hottopics/swine_flu.php)

**Influenza Testing Guidance:**

Georgia Division of Public Health

[http://health.state.ga.us/h1n1flu/doc/H1N1%20testing%20guidance\\_061509\\_final\\_web.doc](http://health.state.ga.us/h1n1flu/doc/H1N1%20testing%20guidance_061509_final_web.doc)

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