



COUNTY of CUMBERLAND

Department of Public Health

NEWS RELEASE

For Immediate Release – July 2, 2009

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H1N1 UPDATE

Cumberland County Health Officials received notice that two new cases of H1N1 flu were confirmed in Cumberland County this week. That brings the total number of cases in the county to three.

Dr. Tran-Phu, Medical Director for the Health Department, said today that the additional cases are an opportunity to remind people that they have the ability to prevent H1N1 flu by following the five basic prevention steps:

- Stay home if you are sick to keep from infecting others and spreading the virus further.
- Cover your nose and mouth 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.
- Try to avoid close contact with sick people.

Influenza-like symptoms include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea or vomiting associated with this virus.

Like seasonal influenza, novel H1N1 influenza in humans can vary in severity from mild to severe. Certain groups might be more likely to develop a severe illness from novel H1N1 infection such as persons with diabetes, heart disease, asthma or emphysema. Pregnant women are also at risk for complications from the virus. People who feel sick should check with their health care provider about any special care they might need. Residents with additional questions may call the State of North Carolina Care Line 1-800-662-7030 or go to the N.C. Division of Public Health website, www.ncpublichealth.com.

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