



**DEPARTMENT OF PUBLIC HEALTH**

227 Fountainhead Lane • Fayetteville, North Carolina 28301  
(910) 433-3600 • Fax: (910) 433-3659

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**PRESS RELEASE**

**CONTACT**

**FOR IMMEDIATE RELEASE**

Dr. Lan Tran-Phu  
(910) 433-3652  
Wanda Tart  
(910) 433-3820/433-3821

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### Health Officials Notified of First Case of H1N1 (Swine Flu)

The Cumberland County Health Department has received notification confirming its first case of novel H1N1 (Swine) influenza virus. The individual was diagnosed while vacationing out of state. The Health Department will continue the investigation.

The following precautions should be taken to prevent transmission of the novel H1N1 influenza virus.

- Wash your hands frequently with soap and water or alcohol-based hand rub.
- Cover your mouth and nose when coughing or sneezing.
- Avoid close contact with those who are sick.
- Stay at home if you are sick.

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 NC Care Line 1-800-662-7030 or go to the NC Division of Public Health website, [www.ncpublichealth.com](http://www.ncpublichealth.com).

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