



# News Release

FOR IMMEDIATE RELEASE –  
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Sept. 1, 2009

## **Health Department Seeks Community Assistance in Getting Message Out About H1N1**

FAYETTEVILLE, NC – Cumberland County Health Department officials met with community public information professionals this morning to discuss ways to reach all residents of Cumberland County regarding Novel H1N1 Flu (Swine Flu). The meeting was a follow-up to one held at the Health Department on Thursday, Aug. 27, with various community partners regarding preparedness for H1N1.

Immediate information campaigns will focus on preventing the spread of the flu through proper hand washing, covering your nose and mouth when you cough, and staying at home when sick rather than exposing others to the illness.

Once the vaccine is available, estimated to be about mid-October, the local public campaign will inform residents on where they can go to receive the immunization.

Public information representatives from local government, the public school system, higher education, business, military, law enforcement and medical agencies attended the briefing and shared ideas on how best to reach various populations.

“We are excited about this collaboration and working with the community in this effort to keep the public safe and informed about this important health issue,” said Health Department Director Buck Wilson.

Businesses, community groups, churches, non-profit and other organizations are encouraged to distribute information to their employees and members on H1N1 prevention. Signs, brochures and other educational literature can be downloaded from the Centers for Disease Control and Prevention at <http://www.cdc.gov/h1n1flu/>.

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H1N1 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.

Cape Fear Valley Health System offers a 24-hour Public Message Line at 910-615-4995. Individuals can call for information about symptoms and how to prevent the spread of flu.

The public should remember these tips:

- Wash your hands often. This will help protect you from germs.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Stay home when you are sick. If possible, stay away from work, school and public places when you are sick.
- Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them.

Later, Wilson and his staff hosted a second meeting with a group of community partners as they watched an H1N1 operational briefing from the State Emergency Response Team.

Agencies who attended the briefings included:

Cape Fear Valley Medical Center  
City of Fayetteville  
Cumberland County Emergency Services  
Cumberland County Fire Chiefs Association  
Cumberland County Government  
Cumberland County Mental Health Center  
Cumberland County Public Library & Information Center  
Cumberland County Schools  
Cumberland County Sheriff's Office  
Fayetteville City Fire Department and Emergency Management  
Fayetteville-Cumberland County Chamber of Commerce  
Fayetteville Police Department  
Fayetteville State University  
Fayetteville Technical Community College  
Methodist University  
NC Public Health Preparedness and Response Team 3  
Pope Air Force Base  
Public Works Commission  
Womack Army Medical Center