



MADISON COUNTY  
**DEPARTMENT of HEALTH**

*Working to build a healthy community*

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*Eric Faisst, Director of Public Health*

*Dr. John B. Endres, President of Board of Health*

**NEWS RELEASE #10-09**

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\*\*\*\*\***FOR IMMEDIATE RELEASE**\*\*\*\*\*

**June 4, 2009 at 10:00am**

**Health Department Update: H1N1 flu (Swine Flu)**

The Madison County Health Department was informed today by the New York State Department of Health of the first two confirmed cases of H1N1 flu (swine flu) in Madison County. The two individuals are experiencing mild illness and are recovering at home.

“With the number of confirmed H1N1 cases in New York State, we anticipated that it would only be a matter of time before we had our first confirmed case,” said Eric Faisst, Public Health Director for the Madison County Health Department. “Our goal is to minimize the spread of disease in the community.”

The Health Department is continuing its active surveillance of schools, healthcare providers, and hospitals to quickly identify and respond to any increase in influenza-like illness.

Persons experiencing symptoms of flu-like illness such as a fever over 100°F with a cough, and/or sore throat should stay home from work or school for at least 7 days. Individuals who remain sick 7 days after they become ill should continue to stay home from school until at least 24 hours after symptoms have ended. Most illness is mild and can be treated at home with rest, fluids, and over-the-counter medicine to reduce fever and discomfort. Individuals with moderate or severe symptoms should contact their health care provider for medical guidance.

You have a role in protecting yourself and your family. Madison County Health Department reminds you to stay informed and take action to protect your health and lessen your risk on infection:

- Cover your coughs and sneezes with a tissue or cough or sneeze into your sleeve—not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Use an alcohol-based hand sanitizer of at least 60% alcohol when soap and water is not available.
- Keep your hands away from your faces and avoid touching your mouth, nose or eyes. Germs spread that way.
- Try to avoid close contact with sick people.
- Stay home if you are sick. This is to keep from infecting others and spreading the virus further.

For more information contact Madison County Health Department at 315-366-2848 or visit our website: [www.healthymadisoncounty.org](http://www.healthymadisoncounty.org).

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