



**Department of Health**  
140 County Highway 33W  
Suite 3  
Cooperstown, NY 13326  
Phone: (607) 547-4230  
Fax: (607) 547-4385

## NEWS RELEASE 5/28/2009

The Otsego County Health Department was notified today by the New York State Department of Health of its first confirmed case of H1N1 (Swine) flu. The individual had traveled to New Jersey where there have been confirmed cases of H1N1. The individual is recovering.

The Otsego County Department of Health has been working diligently with area physicians, hospitals, schools and day cares preparing for H1N1's arrival.

As of 5/27/2009 there have been 456 confirmed and probable cases in New York State including 3 deaths.

Otsego County Department of Health Director Heidi Bond encourages all residents to take the following important steps to best avoid contracting or spreading the H1N1 Influenza virus:

- Stay home when ill

- Wash your hands with soap and water. Alcohol-based hand cleansers are also effective.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough into your upper sleeve, not your hands. Put your used tissue in the waste basket.
- Wash your hands after coughing or sneezing.
- Avoid touching your eyes, nose or mouth. Germs are spread that way.
- Avoid close contact with people who are sick.

The symptoms of swine flu in people appear to be similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting as well; these symptoms alone are not the flu.

Anyone with flu symptoms should stay home. If you feel you need medical attention, contact your medical provider to determine if care is needed. Limit contact with others to avoid infecting them.

For more information concerning H1N1 (Swine) flu call the Otsego County Health Department at 607-547-4230 or visit the New York State Department of Health website at [www.health.state.ny.us/](http://www.health.state.ny.us/). Further guidance can be found on the Centers for Disease Control and Prevention website at [www.cdc.gov/swineflu/](http://www.cdc.gov/swineflu/).