



COUNTY OFFICE BUILDING -- 197 MAIN STREET -- COOPERSTOWN, NEW YORK 13326-1129

BOARD OF REPRESENTATIVES

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FOR IMMEDIATE RELEASE: Cooperstown, May 1, 2009 Due to the outbreak of Swine-Origin Influenza A (H1N1) Virus (S-OIV); the World Health Organization (WHO) has raised the pandemic health level alert to a Phase 5. This means that the outbreak has traveled from human to human into at least two countries and alerts the global community.

There have been a total of 109 confirmed cases and 1 death of the Swine-Origin Flu Influenza A (H1N1) Virus (S-OIV) across the United States.

We recognize that the residents of Otsego County are concerned about the identification of Swine-Origin Flu Influenza A (H1N1) Virus (S-OIV) in NYS. The suspect case identified within Otsego County tested negative for the Swine-Origin Influenza A (H1N1) Virus (S-OIV).

The Otsego County Department of Health (OCDOH) staff over the course of this week has been monitoring hospital emergency departments, medical practices, schools, nursing homes and adult homes for any signs of flu like symptoms. Currently, no increased level of activity has been identified. The OCDOH will stay in a level of heightened surveillance and continue ongoing investigations to quickly identify any increase in influenza activity.

The flu is spread mainly person to person when someone who has the flu sneezes, coughs or even talks. If you become ill with flu like symptoms including fever, body aches, runny nose, cough, sore throat, nausea, vomiting or diarrhea, contact your health care provider. Things that you can do to stay healthy.

- **Stay informed.**
- **Take everyday actions to stay healthy.**
  - Cough or sneeze into your sleeve or use a tissue and dispose of the tissue in a covered trash bin.
  - 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.
  - If you get sick with influenza, stay home from work or school, public places and limit contact with others to keep from infecting them.
  - Clean shared space more often such as phone receivers, keyboards, steering wheels and office equipment.
  - Refrain from sharing personal items such as forks, spoons, toothbrushes and towels

For further information about swine flu you can contact the New York State Department of Health hotline at 1-800-808-1987, on the web at [www.nyhealth.gov](http://www.nyhealth.gov) or the Otsego County Department of Health at 607-547-4230.

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