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For Immediate Release

Otsego County Department of Health (OCDOH) Update: Swine- Origin Influenza A (H1N1) Virus

The Otsego County Department of Health announced today that it has identified a suspect case and test results are pending.

The Otsego County Department of Health continues to work collaboratively with the hospitals, medical practices, schools, nursing homes and adult homes to identify reports of flu like illness.

The Otsego County Department of Health reminds persons with flu-like illness (fever with either cough or sore throat) to stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

You have a significant role in protecting yourself/family/community. The Otsego County Department of Health reminds you to stay informed and take action to protect your health and lessen your risk of infection.

- 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 are ill with flu like symptoms, stay home from work or school, public places/gatherings 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

If you become ill with flu like symptoms including fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea, contact your health care provider.

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 or the Otsego County Department of Health at 607-547-4230, on the web at www.otsegocounty.com.

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