



**NIAGARA COUNTY DEPARTMENT OF HEALTH**  
5467 Upper Mountain Road, Suite 100  
Lockport, New York 14094-1894

**Daniel J. Stapleton, M.B.A.**  
**Public Health Director**

## **PRESS RELEASE: Niagara County Reports A Second Positive Case of Novel H1N1 (Swine Component) Flu**

Contacts: Daniel Stapleton 716-439-7435  
Elaine Roman 716-439-7436

Date: June 5, 2009

From: Elaine Roman, Director of Public Health Planning and Information/Emergency Preparedness

New York State Department of Health (NYSDOH) notified the Niagara County Department of Health (NCDOH) of a second positive H1N1 Novel Influenza A case; a 16 year old North Tonawanda female has fully recovered. North Tonawanda schools have not reported any spikes in absenteeism to the NCDOH. Niagara County reported its first case of H1N1 flu in May.

The Niagara County Department of Health continues to work with chief public officials to ramp up preparedness efforts for the H1N1 novel (new type) of Influenza A. For over eight years, Niagara County has been planning, training and exercising with our partners and community volunteers to build resources, competencies and readiness for all-hazards, infectious disease outbreaks and flu pandemics.

The Niagara County Department of Health conducts daily active surveillance for influenza- like-illnesses with all Niagara County Hospitals and schools, and is in communication with response agencies, universities, businesses, adult care facilities and daycares.

The Novel H1N1 flu virus is spread from human to human in the same manner as seasonal flu. The virus is different from the still-circulating seasonal flu virus, which can cause mild to severe respiratory disease. Overall, H1N1 illnesses in the US have been relatively mild. Most H1N1-infected individuals who died from complications, had pre-existing medical conditions.

Signs and Symptoms of H1N1 Swine Flu infection are similar to seasonal flu, with fever greater than 100°, headache, sore throat, body aches, but may also include nausea, vomiting and diarrhea. Currently, no vaccine is available to prevent Swine Flu. Specific antiviral medications to prevent or ease symptoms must be given within 2 days of onset of symptoms.

People can take the following steps to reduce the risk of H1N1 or any respiratory infection:

- Cover coughs or sneezes with a sleeve or tissue.
- Wash hands often and vigorously with soap and water, especially after coughing, sneezing or blowing the nose, before and after eating, after using the bathroom, and ALWAYS before touching or caring for infants, elderly or chronically ill. Use waterless alcohol-based hand sanitizer when hand-washing facilities are unavailable.

- Keep hands away from eyes, nose and mouth. Many respiratory infections are picked up by touching the eyes with fingers contaminated by viruses.
- Stay home if sick with flu-like symptoms; keep ill children home from school or daycare.
- Avoid unnecessary contact with individuals who show signs of respiratory illness.

The New York State Department of Health has established a Novel H1N1 Hotline that can provide additional information to concerned individuals. The Hotline number is **1-800- 808-1987**.

Further information on Swine Flu can be found at:

[www.health.state.ny.us/diseases/communicable/influenza/pandemic/index.htm](http://www.health.state.ny.us/diseases/communicable/influenza/pandemic/index.htm)

Niagara County has posted Novel H1N1 Flu information on the website at [www.niagaracounty.com](http://www.niagaracounty.com)