



# Wood County Health District

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## Swine Flu Update

Wood County is working together to keep you informed about swine flu.

### What is happening in Wood County?

There is one adult who is being tested to determine if she had swine flu. She did have a history of traveling to Mexico. She has recovered from the illness. Test results will not be available for as long as 4 weeks.

### What is being done?

Wood County Health Department is working closely with both county and state partners to stay informed and make sure we are prepared if more cases are discovered.

### What can I do to protect my family and myself?

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 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, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### What if I'm sick and I have been to an area that has had cases?

If you live in areas where swine influenza cases have been identified be aware of the following symptoms:

- fever
- body aches
- runny nose
- sore throat
- nausea
- vomiting or
- diarrhea,

If you have these symptoms, contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worsening cough, and fever with a rash.

In adults, emergency warning signs that need urgent medical attention include difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion and severe or persistent vomiting.

### How can I get more information?

You can stay up-to-date by going to [www.co.wood.oh.us](http://www.co.wood.oh.us) or [www.cdc.gov](http://www.cdc.gov) or [www.woodcountyhospital.org](http://www.woodcountyhospital.org). You can call the State Swine Flu Hotline at 1-866-800-1404. Also stay tuned to your local news media channels.

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