



For Immediate Release:

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VOLUSIA COUNTY HEALTH DEPARTMENT
H1N1 (SWINE) FLU VIRUS UPDATE

DAYTONA BEACH – The Volusia County Health Department is aware of one reported death from the H1N1 Swine Flu virus. The verified death is a 55 year old male. The death happened weeks ago and was recently added to the state list of confirmed H1N1 deaths.

Citizens are urged to practice good hand hygiene, proper coughing etiquette and other flu prevention tips to prevent the spread of germs and to avoid getting sick.

If you think you have an influenza-like illness defined as fever of 100 degrees or higher, cough, or sore throat, please call your health care provider and discuss whether you need to be seen in their office or emergency room or stay at home.

During a typical flu season there are 36,000 deaths nationwide and about 200, 000 people hospitalized with influenza-like illness.

FLU PREVENTION TIPS

- ❖ Cover your nose or 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 hands cleaners are also effective.
- ❖ Avoid Touching your eyes, nose or mouth. Germs are spread that way.
- ❖ Stay home if you are sick.
- ❖ Contact your doctor if you have fever and flu symptoms.

For more information about H1N1 (swine) flu virus, please visit www.volusiahealth.com or www.cdc.gov .

MISSION: To protect, promote and improve the health of all people in Florida

