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## NEVADA STATE HEALTH DIVISION NEWS RELEASE

### Weekly Influenza Surveillance Report Now Available on the Health Division's Website

*Carson City* –The Nevada State Health Division is currently providing a weekly influenza surveillance report to the public. The report includes information about regular flu and the novel H1N1 flu virus and will be updated every Friday.

Currently there have been 28 confirmed cases of H1N1 flu virus: Clark County – 21 cases, Washoe County – 4 cases, Carson City – 2 cases, Lyon County – 1 case.

Prevention measures are key in decreasing your chances of becoming ill from regular flu and the H1N1 virus.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- When you cough or sneeze, try to do so in your sleeve. Otherwise, please use a tissue and throw the tissue in the trash. Then, wash your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- **Do not go to work or school if you are sick.** The Centers for Disease Control and Prevention (CDC) recommends that you limit contact with others to keep from infecting them.
- If you don't have one yet, consider developing a family emergency plan as a precaution.

The symptoms of the 2009 H1N1 flu virus (swine flu) in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. As with seasonal flu, severe illness (pneumonia and respiratory failure) and deaths may occur, primarily in people who have a compromised immune system. Like seasonal flu, the 2009 H1N1 flu virus may cause a worsening of underlying chronic medical conditions.

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The weekly report is posted on the Health Division's website:

<http://health.nv.gov/FluSurveillanceReports.htm>

For more information, please access the Health Division's website: <http://health.nv.gov> or go to the Centers for Disease Control and Prevention's website: [www.cdc.gov](http://www.cdc.gov)

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