

Date: May 22, 2009

Time: 5:00 p.m.

Novel influenza A (H1N1) case confirmed in Kittitas County

A 21-year-old Central Washington University student was diagnosed with novel influenza A (H1N1), also known as swine flu. This is the first case of novel influenza A (H1N1) in Kittitas County, though there have been 574 confirmed cases statewide.

Kittitas County Public Health Department is working with Central Washington University, the student, and the student's family and other close contacts. The student lives off campus and has fully recovered.

So far, novel influenza A (H1N1) appears to act very similarly to existing seasonal flu viruses. If you are ill with flu symptoms please do not go to school or work, or attend public gatherings such as church or sporting events. Flu symptoms include fever of 100 °F or more, cough, and sometimes sore throat, vomiting, or diarrhea. Each year there are about 200,000 hospitalizations and 36,000 deaths in the United States due to flu. By staying home when you are sick, you can do your part to minimize these numbers.

Kittitas County Public Health Department continues to recommend that families have plans in place in case someone in the family is ill and needs to stay home from work or school. Frequent handwashing is the best defense against viruses such as novel influenza A (H1N1).

For more information about novel influenza A (H1N1) visit the Kittitas County Public Health Department website, www.co.kittitas.wa.us/health/h1n1.asp, or call the Washington State Department of Health Hotline at (888) 703-4364.

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For the most up-to-date case counts visit:

Washington State – <http://www.doh.wa.gov/swineflu/CountyMapNumbers.htm>

United States – <http://www.cdc.gov/h1n1flu>

Worldwide – <http://www.who.int>