

News Release - DeSoto County Health Department

Date: October 19, 2009

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DeSoto County Resident Dies of H1N1 (Swine Flu)

-First H1N1 death in the county-

Arcadia, FL— The DeSoto County Health Department has received notification of an H1N1 (Swine) Flu-related death in a 62 year old female resident. “Our deepest sympathies are extended to family and friends. We have continued to see elevated influenza activity and expect it to continue into the fall. Therefore, we urge people to take precautions against flu-like illness by following proper hygiene” said Mary Kay Burns, Administrator of the DeSoto County Health Department.

This is the first confirmed death from H1N1 in DeSoto County. Local cases of flu-like illness appear to be mirroring the state and national trends where the majority of cases are concentrated in children, but deaths are more common in middle aged adults.

The DeSoto County Health Department urges people to wash their hands frequently, stay home from work or school if they feel ill, and cover their mouths with a tissue or their sleeve if they are coughing. These common sense precautions will greatly reduce the risk of transmission of all flu virus whether seasonal or H1N1 (Swine) Flu.

While most cases of H1N1 (Swine) Flu are mild, there are exceptions. The Centers for Disease Control (CDC) has advised people with chronic pre-existing conditions and pregnant women to be especially vigilant to prevent against infection. If someone experiences flu-like symptoms they should contact their health care providers or hospital for instructions about receiving treatment.

People experiencing cough, fever of 100 degrees Fahrenheit or higher and sore throat, possibly along with diarrhea and vomiting, should contact their physician. If you think you have influenza, please call your health care provider and discuss whether you need to be seen in their office, emergency department or stay home. People with influenza like symptoms should stay home from work or school until their fever has been gone for 24 hours without the use of fever reducing medicine.

For more information on swine flu, visit: www.flu.gov or www.desotocountyhealth.com.

- **Media Note:** To safeguard patient privacy, the DeSoto County Health Department does not report on the clinical details of individual cases. All patient information reported to

the DeSoto County Health Department is pursuant to Section 381.0031 F.S. and are considered confidential medical records that are exempt from the public records law.

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