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## **NEVADA STATE HEALTH DIVISION NEWS RELEASE 2009 H1N1 Flu Virus (Swine Flu) Health Division Update #1**

*Carson City* – In an effort to provide the latest information, the Health Division is continuing to update its website to include additional helpful links for the public, clinicians, childcare facilities, etc. The link to the website is <http://health.nv.gov>.

On the main website, in the center, there is a color bar that allows the user to access a variety of influenza planning tools that are to be used for personal, school, work, health care, community, state and federal preparedness.

As the 2009 H1N1 flu virus (Swine Flu) situation continues to evolve, the Health Division will be issuing press releases in order to keep the public aware of any changes.

Currently, the following are some of the links available on the website:

- Influenza Surveillance Reports
- April 30, 2009 H1N1 flu virus (Swine Flu) Outbreak Update
- Influenza Porcina
- CDC's 2009 H1N1 flu virus (Swine Flu) Investigation
- 2009 H1N1 flu virus (Swine Flu) Bulletin
- 2009 H1N1 flu virus (Swine Flu) Technical Bulletin
- Information for Clinicians
- Information for Parents and Caregivers
- Information for Child Care Providers
- Information for Law Enforcement
- Influenza porcina (gripe porcina)

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- Reports and publications
- 2009 H1N1 flu virus (Swine Flu) Frequently Asked Questions
- Travel Notices

On April 29, Washoe County District Health Department officials released information about the first confirmed human case in Nevada. The individual is two years old, was never hospitalized and is recovering.

While the situation is causing concern, this is not the time to panic, but time to prepare. There are some easy actions everyone can do to reduce the chance of becoming ill:

- 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.

For additional information, please access the Health Division's website: <http://health.nv.gov> and the Centers for Disease Control and Prevention's (CDC) website: <http://www.cdc.gov/swineflu/>

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