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NEVADA STATE HEALTH DIVISION NEWS RELEASE 2009 H1N1 Flu Virus Health Division Update #3

Carson City – Today the Nevada State (Public) Health Laboratory received approval from the Centers for Disease Control and Prevention (CDC) to begin confirmatory testing for the H1N1 (Swine-like) flu virus. Test results will be reported to the public more quickly, as the Health Division and the local health departments will no longer need to wait to have tests completed at CDC.

“The ability to test for the H1N1 Swine-like flu virus in the state lab means we will probably see an increase of confirmed cases in Nevada residents,” State Health Officer Dr. Mary Guinan said. “This **does not** mean we are experiencing a more severe type of situation. It indicates that we have increased our surveillance and are testing more samples. We anticipate seeing more cases of the H1N1 Swine-like flu virus in school age children, making it even more important that parents keep their ill children home for at least seven days.”

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

- **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.
- 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.
- 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.

(MORE)



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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.

Nevada has interim guidance in place regarding school/daycare closure. The guidance recommends that schools remain open. Yesterday, CDC updated their interim guidance that also recommends schools to remain open. To access Nevada's interim guidance please go to: http://health.nv.gov/PDFs/Flu/Swine_Flu/2009-05-03_SchoolClosure.pdf

The Health Division continues to update the H1N1 website.

For more information, go to: <http://health.nv.gov>.

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