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Release Date: May 8, 2009  
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## NEVADA STATE HEALTH DIVISION NEWS RELEASE 2009 H1N1 Flu Virus Health Division Update #4

*Carson City* –The Nevada State Health Division is announcing a confirmed mild case of the H1N1flu virus in a north Lyon County resident. The individual is under the age of 18 and is home recovering.

Active surveillance has increased at the school in which the individual attends. According to the school district nurse, absenteeism in the Lyon County schools is BELOW usual absenteeism rates with NO unusual illness rates identified. The Nevada Joint Health and Education Authorities Influenza Oversight Committee has reviewed the situation and has made the decision to have the school remain open. Dr. Robin Titus, County Health Officer, is aware of the situation and has been consulting with the State Health Officer and the local school.

Currently, 8 cases of H1N1 have been confirmed in Nevada: 3 in Washoe County residents, 2 in Clark County residents, 2 in Carson City residents and 1 in northern Lyon County. There are 13 pending samples, all from Clark County residents.

“The additional case is not surprising,” said Dr. Mary Guinan, State Health Officer. “Because of the increased surveillance and the ability of the state laboratory to do the H1N1 Swine-like flu virus confirmatory test, we assumed we would find more cases. As I have said in the past, this **does not** mean we are experiencing a more severe type of situation.”

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.

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- **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 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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