

FOR IMMEDIATE RELEASE

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For More Information Contact

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VDH TO POST CONFIRMED INFLUENZA A (H1N1) CASE COUNTS IN VIRGINIA ON WEB SITE

(RICHMOND, Va.) — Beginning today, the Virginia Department of Health (VDH) will maintain counts of Influenza A (H1N1) virus cases on the VDH Web site.

A map of Virginia will display the boundaries of the 35 health districts and indicate the number of reported cases per health district. In addition, there will be a table listing the number of cases by health district. This information will be updated by 5 p.m. each day.

To view this map and the case numbers, visit the VDH Web site at www.vdh.virginia.gov. Also, the Web site offers valuable information for clinicians and the public about Influenza A (H1N1).

The H1N1 influenza outbreak is caused by an influenza A virus previously not detected in humans or animals. Symptoms are similar to those of seasonal flu and typically include fever, cough and sore throat. Additional symptoms may include headache, chills, fatigue and body aches. Persons with H1N1 influenza are contagious for up to seven days after the onset of illness and possibly longer if they are still symptomatic. If you have any of these symptoms, you should:

- Stay home from work or school and limit contact with others to keep from infecting them.
- Call your health care providers or your health department before seeking care so that the necessary infection control measures can be put in place.
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Limit close contact with sick people
- Prevent the spread of germs by not touching your eyes, nose or mouth

For further information, consult the CDC's Web site at www.cdc.gov/h1n1flu and the VDH Web site at www.vdh.virginia.gov.

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