

For immediate release:  
May 4, 2009

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**DEKALB COUNTY BOARD OF HEALTH ANNOUNCES A CONFIRMED  
POSITIVE H1N1 CASE IN GEORGIA**

DECATUR, GA – The DeKalb County Board of Health received confirmation from the Georgia Division of Public Health and the Centers for Disease Control and Prevention (CDC) today of a positive case of H1N1 involving a 36-year-old female in DeKalb County, Ga. The patient is recovering at home.

“We are attempting to ascertain where the person may have been exposed to H1N1 but we’re confident based on follow-up of the case that she had limited exposure to others.” said Les Richmond, M.D., M.B.A., Acting District Health Director of the DeKalb County Board of Health. “So far, all close contacts have reported having no symptoms or illness following exposure to this individual, and we are now outside of the period of communicability with the patient.”

According to the Centers for Disease Control and Prevention, a person with H1N1 influenza is contagious from one day before onset of illness to seven days afterward. The virus can be spread through coughs, sneezes or droplets settling on surfaces such as doorknobs or phones.

Symptoms of H1N1 may include fever, sore throat, coughing, muscle aches, headache, chills, fatigue, weakness, and possibly vomiting or diarrhea. Any person with flu-like symptoms who has either traveled to an area where H1N1 illness has been confirmed, or has been in close with a person with a suspected or confirmed infection, should see their medical provider immediately.

Health experts have compared H1N1 to seasonal flu and recommend that just like during flu season, there are steps that anyone can take in homes, work sites or schools to help reduce the spread of the virus. Steps include:

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- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- Avoid touching your eyes, nose or mouth without first washing your hands. Germs spread this way.
- If you get sick with influenza, see your doctor and CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Both DeKalb County Government and the DeKalb County School System are working closely with the Board of Health to continue to educate the community about what they can do to reduce the spread of H1N1.

The Board of Health has disseminated education about swine flu to small and large businesses, civic groups, faith-based and neighborhood associations. They also work closely with numerous state and county partners to deploy critical medication to large numbers of people living in the county if needed.

The DeKalb County School System has disseminated letters to parents about what to do if their child becomes ill as well as fact sheets on H1N1 in both English and Spanish. The school is following recommendations from the Georgia Department of Education and Centers for Disease Control and Prevention for any school closings.

For more information about H1N1, please visit the DeKalb County Board of Health's web site at [www.dekalbhealth.net](http://www.dekalbhealth.net).

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