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DEKALB COUNTY BOARD OF HEALTH CONFIRMS A SECOND POSITIVE H1N1 INFLUENZA CASE

DECATUR, GA – The DeKalb County Board of Health confirmed a second positive H1N1 influenza case in the county today. The individual is a 37 year-old-male from Stone Mountain, Georgia who was hospitalized with flu-like symptoms on May 26. He has received antiviral medication and is in stable condition. Public health officials are still investigating household contacts of the person.

“Based on our initial reports, it is likely that exposure to the virus could have occurred through the person’s normal day-to-day activities,” says Les Richmond, M.D., M.B.A., acting district health director of the DeKalb County Board of Health. “Like seasonal flu, the H1N1 virus is now circulating in many communities throughout the U.S. and people may become exposed to it the same way as a seasonal flu virus.”

As with seasonal flu, there are known healthy practices and habits that people can adopt to reduce the spread of germs. The Board of Health encourages people in their homes, work sites and summer camps to reduce the spread of viruses by doing the following:

- 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 experience symptoms of influenza (such as fever, cough, sore throat, headache, muscle aches, and fatigue) see your doctor within 48 hours of illness onset. Antiviral medications such as Tamiflu are most effective if taken within 2 days of the start of symptoms. If flu is diagnosed, the Centers for Disease Control and Prevention recommends that you stay home and limit your contact with others to keep from infecting them.

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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 influenza may include fever, sore throat, coughing, muscle aches, headache, chills, fatigue, weakness, and possibly vomiting or diarrhea.

The DeKalb County Board of Health in collaboration with DeKalb County Government will continue their ongoing community education efforts to let people know how they can reduce the spread of all influenza viruses, including H1N1.

"We will continue to work closely with the DeKalb County Board of Health to disseminate critical education materials about H1N1 to all of our citizens and stakeholders," says DeKalb County Chief Executive Officer Burrell Ellis. "By educating people about how to reduce the spread of the virus in their homes and businesses, we hope to have better prepared citizens. This effort will continue as long as there is a threat to our community."

For more information about H1N1, please visit the DeKalb County Board of Health's web site at www.dekalbhealth.net or call (404) 294-3700.