

Centre Region H1N1 (Swine Flu) Update

May 28, 2009

On Sunday, April 26, 2009, the Centre Region Office of Emergency Management (OEM) was informed that the World Health Organization (WHO) had increased the Pandemic Alert Level to Phase 3 and that the U.S. Department of Health & Human Services had issued a public health emergency. Since Monday, April 27, 2009, the Centre Region OEM has partnered with Penn State University and the State College Health Department to begin planning the response to a possible pandemic for Swine Influenza A (H1N1).

The WHO pandemic alert level is currently Phase 5. As of **May 27, 2009, 11:00 AM** the Centers for Disease Control and Prevention (CDC) reported **7,927** laboratory confirmed human cases of H1N1 flu in the United States. To date, **eleven** deaths have been associated with the H1N1 flu in the United States. At this time, **Pennsylvania has 125 confirmed cases of H1N1 flu. The confirmed cases have been reported across 22 counties.**

While no cases have been reported in the Centre Region, it is important for residents to understand that the H1N1 flu, like any seasonal flu virus, can spread quickly. Centre Region residents should take the following precautions to avoid getting sick:

- Take care to eat well, get plenty of sleep and exercise, and drink lots of liquids.
- Carefully wash your hands with soap and water, or use alcohol-based hand cleaners often.
- Cover your nose and mouth with a tissue when you cough or sneeze. Discard used tissues and wash hands.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.
- If you feel ill, stay home from work or school and limit contact with others.

The seasonal flu vaccine does not protect against H1N1 influenza. Individuals who are experiencing flu-like symptoms should make an appointment with their health-care provider. Infected individuals may be treated with an antiviral medication. At this time a vaccine for the H1N1 influenza is not available.

For more information about H1N1 flu in Pennsylvania, visit the Pennsylvania Emergency Management Agency website at: www.pema.state.pa.us/ .

Individuals traveling internationally may visit <http://wwwn.cdc.gov/travel/> for updated information concerning their travel destination.

General information about H1N1 flu is available at the CDC website: http://www.cdc.gov/h1n1flu/general_info.htm .