

# Centre Region H1N1 (Swine Flu) Update

*June 26, 2009*

On Thursday, June 11, 2009, the World Health Organization (WHO) increased the Pandemic Alert Level to Phase 6. In a statement by the Director-General Dr. Margaret Chan “The world is now at the start of the 2009 influenza pandemic”.

As of **June 25, 2009, 7:00 PM** the Centers for Disease Control and Prevention (CDC) reported **27,717** laboratory confirmed and probable human cases of H1N1 flu in the United States. To date, **one hundred twenty-seven** deaths have been associated with the H1N1 flu in the United States. At this time, Pennsylvania has **1,503** confirmed cases of H1N1 of which **14** are in Centre County.

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/](http://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](http://www.cdc.gov/h1n1flu/general_info.htm) .