



Date: May 4, 2009

General questions: Patricia Feeny, 503-932-8366; Gene Evans, 503-269-7950

H1N1 swine influenza update: 4 p.m., May 4, 2009

As of Monday at 4 p.m., Oregon public health officials had confirmed 17 cases of H1N1 swine influenza virus in five counties.

The Oregon State Public Health Laboratory in Hillsboro has received from the U.S. Centers for Disease Control and Prevention the necessary materials to do its own testing. The breakdown of the confirmed cases is as follows:

County	Confirmed cases
Lane	4
Multnomah	6
Polk	4
Umatilla	1
Washington	2
Total	17

The Oregon Department of Human Services Public Health Division is aware of one patient currently hospitalized with H1N1 swine influenza, and that patient is recovering.

Of the 17 confirmed cases statewide, there are four children, four teens and nine adults. There are nine males and eight females. Additional specimens continue to be tested at the state public health laboratory, which receives 60-70 specimens a day.

Mel Kohn, M.D., state public health director in the Oregon Department of Human Services, said more than half of approximately 200 specimens had tested negative for flu. Of those that were positive for some type of influenza, he said, only 17 were confirmed as H1N1 swine influenza.

“There are a lot of people who are ill with respiratory viruses here in Oregon that are not swine flu,” he said.

“I do appreciate (that school closure) is a burden on parents and families,” Kohn said, adding that he believed school officials have been prudent given the flu’s potential dangers.

Kohn continues to stress that the best protections against the influenza virus are to wash your hands frequently, to cover coughs and sneezes with a tissue or sleeve (never your hand), and to stay home if you are ill.

Daily updates are being posted at www.flu.oregon.gov

The number for the statewide flu hotline, which is staffed Monday through Friday from 8 a.m. to 5 p.m. Pacific time, is 1-800-978-3040.

H1N1 swine influenza symptoms are similar to those for seasonal flu and may include: fever greater than 100 degrees F. or 37.8 degrees C.; sore throat; cough; stuffy nose; chills; headache or body aches; fatigue; and in some cases diarrhea and vomiting.

To protect yourself from the flu, these are examples of advice posted at www.oregon.gov/DHS/ph/acd/flu/h1n1flu-commitigation.shtml and on the www.flu.oregon.gov Web site:

- To prevent the spread of disease, students who are dismissed when schools or child care centers are closed also should avoid congregating outside of school.
- Individuals with acute febrile respiratory illness should stay home for seven days after the start of the illness, until the fever is gone.
- People who are well but have been exposed to someone with probable or confirmed H1N1 influenza should avoid close contact with others as much as possible.
- An ill person should be kept away from others in the home as much as possible (if possible, in a separate bedroom with a separate

bathroom). Only one adult in the home should take care of the ill person, and pregnant women should not care for ill persons.

- An ill person should not have visitors other than caregivers.
- Throw into the trash tissues and other disposable items used by the ill person.
- Keep surfaces (especially bedside tables, bathroom surfaces and children's toys) clean by wiping them down with a household disinfectant according to directions on the product label.
- Linens, eating utensils and dishes belonging to those who are sick do not need to be cleaned separately, although these items should not be shared without thoroughly washing them first.
- Wash linens such as bed sheets and towels using household laundry soap, and tumble dry on a hot setting. To avoid contaminating yourself, avoid "hugging" laundry prior to washing it. Clean your hands with soap and water or with an alcohol-based hand rub right after handling dirty laundry.
- Eating utensils should be washed either in a dishwasher or by hand using water and soap.