



## ***Marion County*** OREGON

**For Immediate Release:** May 6, 2009

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### **First three confirmed cases of H1N1 flu (swine flu) reported in Marion County**

Marion County's first three confirmed cases of H1N1 flu (swine flu) were identified late Tuesday, May 5, 2009 following testing by the Oregon State Public Health Laboratory.

Marion County Health Department is investigating the situation to identify who may have been exposed to these cases, and to slow further transmission. "Our priorities are to keep people informed about how they can keep themselves healthy and to control the spread of this new strain of flu virus," said Dr. Karen Landers, health officer for Marion County.

State and local health departments are closely monitoring the situation. The state public health lab continues to receive new cultures from health care providers. "We have been expecting to see a case of H1N1 flu in Marion County and have been monitoring the situation very closely," Dr. Landers said. "We are working with state and federal public health officials to slow the spread of the disease and to continue to protect the public."

"I understand that many people are concerned about H1N1 and want to know what they can do to keep themselves and their families healthy," said Dr. Landers. She said these are actions people can take to prevent the spread of the flu:

- Wash hands frequently with soap and water
- Avoid close contact with people who are sick
- Stay home when you are sick
- Cover your mouth and nose when coughing or sneezing using a tissue or cough or sneeze into your elbow to avoid contaminating your hands
- Avoid touching your eyes, nose or mouth as the virus can enter the body this way
- Practice other good health habits (eat healthy, get plenty of rest, don't smoke)

The Oregon Public Health website [www.flu.oregon.gov](http://www.flu.oregon.gov) is updated regularly to provide information such as how to identify H1N1 flu, prevent its spread as well as materials that employers, medical providers, schools, parents and others may use.

H1N1 influenza is a new strain of flu that is thought to spread from person to person through close (within 6 feet) contact with respiratory droplets from sneezing and coughing. Its symptoms are similar to those in seasonal influenza such as fever, cough, sore throat, body aches, runny nose, and sometimes accompanied by nausea, vomiting and diarrhea. Eating pork products will not transmit the virus.

Additional Resources:

Marion County Public Health Information Line: 503-584-4870

Salem Hospital has a multilingual Flu Advice Line open from 8 a.m. to 8 p.m., seven days a week, at 503-814-CHEC (2432).

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