

Update

For immediate release:
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Contact: Vanassa Joseph
Sr. Public Information Officer
817-321-5306, cell: 817-401-5967
vljoseph@tarrantcounty.com

Five new probable cases of Swine Flu (North American Influenza) In Tarrant County

(Tarrant County, Texas) ... Tarrant County Public Health is investigating five new probable cases of swine flu (North American Influenza), bringing the total number of probable cases to six. **At this time, there are no confirmed cases in Tarrant County.** Of the five new probable cases, the age ranges are from 11 months to 75 years. None of the new probable cases are of school age. Two of the cases have a history of travel to Mexico and two of the cases are related. All are recovering well and do not require hospitalization.

Conclusive laboratory test results, which are performed by the Centers for Disease Control and Prevention (CDC), are pending on all six samples.

The symptoms of swine flu include fever, cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea. Anyone experiencing these symptoms should contact their health care provider. Your health care provider may prescribe antiviral medication and other treatment. Your health care provider will determine whether influenza testing is needed. There is no vaccine available at this time.

Tarrant County Public Health along with its regional, state and national partners recommends people take these measures:

- Cover your nose and mouth with a tissue when you sneeze or cough. 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.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

As of April 28: The CDC is recommending that people avoid nonessential travel to Mexico. If or when you travel, you can reduce your personal risk of infection by following these CDC recommendations to help you stay healthy:

- Monitor the situation where you intend to travel by reviewing informational Web sites, such as the CDC's (www.cdc.gov/travel).

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- Make specific preparations for your trip:
 - Pack a travel health/first aid kit;
 - Identify health care resources in the area you intend to travel;
 - Check your health insurance plan to determine your coverage while traveling;
 - See your doctor or a travel medicine specialist to update your vaccination status, get specific recommendations for possible antiviral medication should you need them, or to answer specific questions regarding where you plan to travel.
- And while traveling:
 - Pay attention to announcements from the local government or public health officials;
 - Practice healthy habits to help stop the spread of germs;
 - Seek medical care if you are sick and avoid further travel until you are free of symptoms.

Also be sure to monitor your health for 7-10 days after your return and seek medical care if you become sick. Make sure to tell your doctor about your symptoms as well as your recent travel history.

Additional Information is on Tarrant County Public Health's Web site at <http://health.tarrantcounty.com> and the CDC Web site at www.cdc.gov/flu/swine/index.htm. People with questions may call Tarrant County Public Health at 817-321-4700.