

# Update

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## Tarrant County Public Health



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### Five new probable cases of Swine Flu In Tarrant County

**(Tarrant County, Texas)** ... Tarrant County Public Health is investigating five new probable cases of swine flu bringing the total number of probable cases to 11. Additional cases will likely occur. There is no way of telling at this time how long the outbreak will last.

Of the 5 new probable cases, the age ranges are from 6 to 56 years; three are of school age and one has a history of travel to Mexico. None of the cases are related. All are recovering well and have not required hospitalization.

Conclusive laboratory test results, which are performed by the Centers for Disease Control and Prevention (CDC), are pending on all 11 specimens. Seventy-four specimens have been received since testing began on April 24. On average 30-40 are tested daily. **There are no confirmed cases in Tarrant County.**

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.

As with seasonal flu, it is important that parents of young children, pregnant women, people with chronic diseases and people with compromised immune systems pay close attention to any related changes in their health.

People should remember to use these common-sense prevention measures for mass gatherings and year-round:

- 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.

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**5 new probable cases in Tarrant County – add 2**

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](http://www.cdc.gov/travel)).
- 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](http://www.cdc.gov/flu/swine/index.htm). People with questions may call Tarrant County Public Health at 817-321-4700.