

Swine Flu (H1N1) now in Idaho

The Centers for Disease Control and prevention has confirmed one case of Swine Flu (H1N1) in Idaho, Kootenai County. The person, who is over 60, recently travelled to Texas. She was not hospitalized and is recovering. 82 other cases have tested negative in Idaho. Over 227 cases of Swine Flu are in the United States, from 31 states.

Swine Flu Symptoms

Symptoms are similar to seasonal flu and include fever (consistent over 100⁰), cough, sore throat, body aches, headache, chills and fatigue, with some reports of diarrhea and vomiting. Also if you have travelled out of the area and have symptoms, get in to see a doctor right away. Indian Health Services-Medical reception number: 238-5427, or Community Health Nursing number: 238-5435.

****People cannot contract the infection from eating properly cooked pork.****

When to Seek Emergency Medical Care

Get medical care right away if the sick person at home:

- has difficulty breathing or chest pain*
- has purple or blue discoloration of the lips*
- is vomiting and unable to keep liquids down*
- has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry*
- has seizures (for example, uncontrolled convulsions)*
- is less responsive than normal or becomes confused*

Staying Healthy

Follow these flu prevention tips:

1. Wash your hands after being out in the public, or after coughing or sneezing.
2. Avoid touching your eyes, nose or mouth;
3. Cover your cough or sneeze, or cough into your elbow;
4. If you are sick, stay home from work or school. Protect your co-workers and friends. Please don't travel when you are sick; and
5. Avoid close contact with people who are sick.