



Public Health Update- H1N1 Influenza

June 2, 2009

The Southern Nevada Health District received confirmation of 36 novel H1N1 cases in Clark County, as of Friday, May 29. There have been no deaths. The health district posts updated case counts weekly, each Tuesday before noon. The next update will be posted Tuesday, June 9. The health district is no longer investigating all positive novel H1N1 test results and cases therefore it will no longer have specific information regarding cases, such as age or sex. As part of its surveillance, the health district will only investigate novel H1N1 cases if the patient is hospitalized or if there is severe illness.

The illness in the H1N1 cases is similar in severity to seasonal flu at this time and the Southern Nevada Health District also continues to receive reports of seasonal influenza.

Initial testing recommendations were made to identify if novel H1N1 influenza virus was present in the community. As novel H1N1 influenza cases have been identified locally, the health district has adopted CDC-recommended testing protocols to test only hospitalized or seriously ill patients to track the virus' severity in the community. Some health care providers are continuing to test mildly ill patients for the flu and the health district is receiving results from several local labs as well as the state public health laboratory in Reno.

Current recommendations to the public encourage good health habits to minimize the spread of influenza:

- Cover your nose and mouth with a tissue when you cough or sneeze. 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 this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them.

Individuals who become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, vomiting or diarrhea may want to contact their health care provider.

Updated information is available on the Southern Nevada Health District website, www.SouthernNevadaHealthDistrict.org as well as the Centers for Disease Control and Prevention site, www.cdc.gov. In addition, the Nevada Helpline is available in English and Spanish, (1-866) 767-5038 or (702) 759-INFO (4636).