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Carson City Health and Human Services Confirms First Case of Flu

The Nevada State Health Lab confirmed today that two samples from Carson City have tested positive for Novel H1N1 Flu. These are the first confirmed cases of H1N1 flu in Carson City. Washoe County has three confirmed cases, and there are two cases in Southern Nevada. Nationwide, 642 cases have been confirmed.

Officials have confirmed that both cases in Carson City are under eighteen years of age, and one is enrolled as a student in the Carson City School System. Both individuals had a mild form of the illness and have recovered. In accordance with the guidance issued yesterday by the Centers for Disease Control and Prevention, the school will not close. Parents are asked to keep children who have flu-like symptoms home from school.

The Carson City School District and Carson City Health and Human Services are working closely together to monitor the situation. They are conducting school-based surveillance activities, including tracking absenteeism and influenza-like illness in the schools.

Health officials in Carson City are encouraging the public to report to their health care provider if they are experiencing flu-like symptoms. Symptoms of H1N1 flu are similar to seasonal or "regular" flu and include fever, sore throat, cough, runny nose, nasal congestion and muscle ache.

For more information and updates, visit the Centers for Disease Control and Prevention website at www.cdc.gov/H1N1flu.

Protect yourself against the flu:

- 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 hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid sick people. Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- You can still get a seasonal flu shot at the Carson City Health Department for \$10. It is unlikely that the seasonal vaccine will be effective against swine flu, but it will still offer protection from any seasonal flu circulating in Carson City.

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