

August 28, 2009

Neosho County Health Dept. has received confirmation of a case of H1N1 in an adult in Neosho County. This is Neosho County third confirmed case of H1N1 this year. There have been no cases identified in the schools at this time. Neosho County Health Department, in conjunction with the Emergency Manager, is continually monitoring the information daily regarding this illness.

The cases in Neosho County have been mild and have lasted only a few days. In the majority of people with H1N1, the symptoms are very similar to any other influenza including fever, cough, runny/stuffy nose, aches, and fatigue, people exhibiting normal flu-like symptoms are asked to treat it as any other flu, following at-home care suggestions, because although doctors may choose to give their patients Tamiflu, all they may do for mild flu symptoms is give directions for home care.

Those with symptoms of the flu should remain home and avoid contact with others, get plenty of rest and drink plenty of liquids. They should only return to work, school or daycare, when they have been free from fever for 24 hours without the use of fever reducing drugs such as Tylenol, Ibuprofen. If the ill person has an underlying health condition already or starts to have difficulty breathing, they should contact their doctor immediately.

Here is what you can do to help prevent the spread of the virus:

- Wash your hands regularly with soap and water, cover your mouth and nose with a tissue when coughing or sneezing or cough and sneeze into the bend of your elbow,
- Stay home if you are sick and stay away from others that you know are sick.
- Get the seasonal flu vaccine and also the H1N1 vaccine. The seasonal flu vaccine will be available within the month and the H1N1 vaccine is projected to be available in late October.

The most important thing that we can all do is to be proactive and not panic. Working together, we can help control the spread by implementing these proactive health safety measures.