



Grant County Health District – Always Working for a Healthier and Safer Grant County

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FOR IMMEDIATE RELEASE

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H1N1 Laboratory Confirmed in Grant County

QUINCY, WA - Grant County Health District announced today the first 3 cases of H1N1 swine flu identified in Grant County. The Washington State Department of Health Public Health Laboratory confirmed that 3 Quincy residents – two 8-year olds and one 13 month old - tested positive for H1N1 swine flu. None of the 3 cases have been hospitalized.

Grant County Health District continues to closely monitor these and other reports of illness and continues to provide guidance on infection control and H1N1 flu testing procedures to the local healthcare community. Since April 19, 2009, in Washington State, 50 people have been hospitalized and 2 have died with lab confirmed H1N1 flu.

Officials emphasize that at this time the symptoms associated with the H1N1 flu appear to be of mild to moderate severity, similar to that which is seen with seasonal influenza. “We have anticipated these first cases since the onset of the outbreak in Washington State,” stated Alexander Brzezny, MD, MPH, Grant County Health Officer. “This means, we will probably see even more cases in our communities now and in the future, and probably all the way through the next year.”

Public Health officials remind the public that everyone should take actions to stop the spread of germs.

- **Clean your hands!** Wash your hands often and well. Washing your hands often will help protect you from germs.
- Use alcohol-based hand wipes and gel sanitizers if soap and water are not available.
- **Cover your mouth and nose** when coughing or sneezing. It may prevent those around you from getting sick.
- Cough or sneeze into a tissue and then throw it away.
- **Stay home** from work or school and away from others if you are sick.
- If you are ill or have health concerns, call your health care provider.
- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

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