



## NEWS

### HEALTH DEPARTMENT RESEARCHING FLU DEATH

A Van Wert County adult has died from complications of an influenza illness. This person had underlying medical conditions which placed the resident in the high risk population. The patient had recently received both the seasonal and H1N1 vaccinations. A person will not develop resistance or immunity to the flu for at least 8-10 days following vaccination.

Van Wert County Health department officials continue to stress the importance of prevention of illness by following basic guidelines including good hand washing technique for at least 30 seconds with hot soapy water or by using an alcohol based hand sanitizer. Remember to cover your coughs and sneezes into your upper arm/shoulder, or a tissue, followed by hand washing. Stay home when you are sick, but contact your health care provider for management of your symptoms and treatment. Rest, balanced diet, and regular exercise are encouraged to prevent illness as well. Flu vaccinations are strongly encouraged for persons in the high risk populations.

High risk populations include:

- children through age 24
- pregnant women
- people through age 64 with underlying medical conditions
- household contacts or caregivers of children 6 months and younger
- health care workers

For the most up to date information, please visit [www.vanwertcountyhealth.org](http://www.vanwertcountyhealth.org), [www.cdc.gov](http://www.cdc.gov), or [www.odh.ohio.gov](http://www.odh.ohio.gov).

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