

# VAN WERT COUNTY GENERAL HEALTH DISTRICT

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[www.vanwertcountyhealth.org](http://www.vanwertcountyhealth.org)



*Protect the Public*

*Prevent Disease*

**Press Release for 8-31-09**

## **Ohio Department of Health Pandemic H1N1 Information**

The H1N1 virus is a new influenza virus causing illness in people. This new virus was first detected in April 2009, and has spread to many countries around the world. In July 2009, the World Health Organization declared the H1N1 virus a pandemic, meaning there is widespread human illness.

Certain strains of influenza occur annually and should not be confused with pandemic flu. These "seasonal" viruses cause the high fevers, coughs and chills familiar to all Ohioans, especially between December and April, which is the state's peak period of seasonal flu activity.

To protect yourself from seasonal flu and pandemic H1N1, make good respiratory etiquette and hygiene habits a part of your daily routine.

- Get your seasonal flu vaccination. While this does not protect you from pandemic H1N1, it will keep you healthy and fight off seasonal flu.
- Cover your nose and mouth with a tissue when you cough or sneeze and then throw the tissue away.
- If you don't have a tissue, cough or sneeze into your elbow or upper sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze or use the restroom and before eating. If you are not near soap and water, use an alcohol-based hand sanitizer.
- Try not to touch your eyes, nose or mouth as germs often spread this way.
- Stay away from people who are sick.
- If you get sick, stay home from work or school.

### **Ohio Information Line**

The Ohio H1N1 Information line is open 8 a.m. to 5 p.m., Monday through Friday. Please call 1-866-800-1404 for answers to your questions about swine flu.