

## **PRESS RELEASE May 14, 2009**

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### **H1N1 Precautionary Measures for Large Gatherings**

At this time Lyon County has no known cases of H1N1 (formerly known as “swine flu”); however, due to the number of upcoming large gatherings in and around the area we would like to issue the following precautionary measures for your safety:

If you are at high-risk for complications if you become infected with H1N1, the safest measure you can take is not to attend a large gathering. Some high-risk candidates are as follows:

- Young children
- Pregnant women
- People with chronic illnesses like asthma, diabetes or heart disease
- Individuals on chemotherapy or with diseases such as AIDS

Anyone attending a large gathering should practice the following precautionary measures:

- Cover your nose and mouth if you cough or sneeze, preferably into a tissue
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective if they contain at least 60% alcohol
- Avoid touching your eyes, nose or mouth
- Try to avoid close contact with sick people

Symptoms of the flu may include:

- Fever greater than 100° F
- Body aches
- Coughing
- Sore throat
- Respiratory congestion
- In some cases, diarrhea and vomiting

Anyone having these symptoms should contact their primary care provider. If they do not have a primary care provider they should contact the Flint Hills Community Health Center Primary Care Clinic at 420 W. 15<sup>th</sup> Avenue for evaluation or phone (620) 342-4864.

It is the desire of the Lyon County Health Department that all citizens of Lyon County and the surrounding area have the knowledge available to make the choice as to whether they should attend large gatherings based upon their individual situations.

For more information and updates, please visit the KDHE website at [www.kdheks.gov](http://www.kdheks.gov) or the CDC website at [www.cdc.gov](http://www.cdc.gov)