PRESS RELEASE

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FOR IMMEDIATE RELEASE

SWINE FLU UPDATE

(Amarillo, TX) - Local emergency management officials continue to participate in the statewide emergency operations conference calls.

Currently, there are 16 confirmed and 25 suspected cases of Swine Flu in Texas. There has been one fatality.

Public Health Departments are conducting heightened flu surveillance throughout the state. As a result of that effort, Amarillo’s Public Health Department has 3 suspected pediatric cases in the Potter/Randall area. A suspected case is the result of a positive Type A rapid flu test that must be sent to the State lab for additional testing prior to confirmation.

We are coordinating with schools on absenteeism and monitoring illness. It is important to note that no extraordinary disinfection is necessary at school, work or churches. Best prevention is good personal hygiene.

Symptoms of Swine flu include:
Fever (usually high)
Headache
Extreme tiredness
Dry cough
Sore throat
Runny or stuffy nose
Muscle aches

Stomach symptoms, such as nausea, vomiting, and diarrhea, can also occur but are more common in children than adults. Flu-like symptoms should be seen by healthcare provider.
There are ways to prevent infection:

**Actions people can take to stay healthy.**

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

**Try to avoid close contact with sick people.**

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Local health officials continue to monitor the situation. For more information please call the Public Health Department at (806) 351-7220. The City of Amarillo will open the Medical Coordination Center tomorrow. The Center will provide information to the public and the medical community.

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