



*****PRESS RELEASE*****

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FOR IMMEDIATE RELEASE

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“Update on H1N1 Flu Activity in Cuyahoga County Ohio”

Cuyahoga County, Ohio---County and City Health officials were notified by the Ohio Department of Health that there are two more confirmed cases of H1N1 in the county. Additionally, there are nine probable cases. According to the Centers for Disease Control and Prevention, 99 percent of probable cases are later confirmed. The cases are recovering or have recovered as of the time of this release.

This brings the total number of confirmed or probable cases for Cuyahoga County to 22 (13 confirmed and 9 probable). Cases in the county range from 2 to 56 years old (with a median age of 14 years).

These new cases are residents of six different communities including: Beachwood (1 case), Bedford (1 case), Brooklyn (1 case), Garfield Heights (1 case), Cleveland Heights (1 case), Solon (6 cases). The cases from Solon include a group of school aged children with a travel history to an area in the United States with high case activity. This latest case information reinforces that the H1N1 virus is circulating throughout the local community. Because of this, health officials expect to see additional cases and continue to monitor and evaluate other potential persons of concern.

Health officials continue to stress that there are everyday common sense things that people must do to protect their health and lessen the spread of the novel H1N1 virus as well as seasonal flu viruses. The things include: washing your hands and covering your mouth when you cough or sneeze. If you are sick with a flu-like illness, stay home for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from

infecting others and spreading the virus further. Additionally, if you are sick, you should avoid going to work or school, delay travel plans, and limit your contact with others.

Symptoms of the flu include a fever with a cough or sore throat. Persons with these symptoms should seek appropriate medical care. People that become ill from the flu generally develop symptoms between 1-7 days after being exposed to the virus.

More information on prevention and infection control can be found at the resources indicated below.

For the most current information, please refer to the CDC at <http://cdc.gov/h1n1flu/>

1. Cuyahoga County Board of Health 216-201-2091, www.ccbh.net
2. Cleveland Department of Public Health 216-664-3609, www.clevelandhealth.org
3. Shaker Heights Department of Health: 216-491-3170 www.shakeronline.com