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**Technical questions:**

**H1N1 swine influenza update: May 7, 2009**

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**Cases:**

As of Thursday, Oregon public health officials had received confirmation of 48 cases of H1N1 swine flu.

One teenage girl remains hospitalized and continues to recover. The balance of the people are recovering or have recovered at home.

Of the 48 cases, 19 children, 12 teens and 17 adults have been confirmed to have H1N1 swine flu. Twenty-three are males and 25 are females.

**The 48 cases break out by county as follows:**

Clackamas – 2  
Lane – 8  
Marion - 3  
Multnomah – 12  
Polk – 18  
Umatilla – 2  
Washington – 3

**New developments:**

“The most dangerous enemy we face now is complacency,” said Dr. Mel Kohn, head of the Oregon Public Health Division. “This first wave is not yet over, and I fully expect to see the statewide numbers grow through the rest of this flu season and then again in the fall flu season.”

“In order to protect themselves and others people should keep up the common sense practices of frequent and thorough handwashing and other precautions,” he said.

While strongly cautioning that this spring’s outbreak of the H1N1 swine flu is still active, Kohn and his team of public health authorities are planning for a resurgence of this flu strain as well as seasonal influenza viruses in the fall.

“We are relieved that the health effects caused by the H1N1 swine flu virus are turning out to be similar to the common annual influenza viruses we are accustomed to preventing and treating,” Kohn said. “Looking forward, however, we anticipate a reappearance of this strain in the fall, particularly because we have no natural immunity and a vaccine may not yet be available.”

## **Precautions**

As has been previously noted, the H1N1 swine flu is spread mainly person-to-person through coughing or sneezing by infected people. People infected with the H1N1 swine flu virus may not be symptomatic one to four days following exposure.

The Oregon Public Health Division advises that when it comes to protecting yourself, your family and your clients, common sense precautions go a long way in avoiding infection. Use the normal safeguards you would to avoid any respiratory illness:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also are effective.
- Avoid touching your eyes, nose or mouth to avoid spreading germs.
- Try to avoid close contact with sick people.
- If you are ill, please stay home to avoid spreading your illness to others.
- Three flu-related resources available to the public:
- A comprehensive Web site, [www.flu.oregon.gov](http://www.flu.oregon.gov), is updated daily.
- The public may ask questions of public health professionals by calling the hotline: 1-800-978-3040. The hotline is staffed weekdays from 8 a.m. to 5 p.m., Pacific time.
- E-mail questions may be directed to [flu.help@state.or.us](mailto:flu.help@state.or.us).

H1N1 swine influenza symptoms are similar to those for seasonal flu and may include fever greater than 100 degrees F. or 37.8 degrees C.; sore throat; cough; stuffy nose; chills; headache or body aches; fatigue; and in some cases diarrhea and vomiting.