



STATE OF OHIO
Emergency Operations Center
NEWS RELEASE
ema.ohio.gov

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FOR IMMEDIATE RELEASE
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**State Officials Continue Assessment Efforts
Health Officials Provide Hygiene Recommendations**

COLUMBUS, Ohio – The Ohio Emergency Operations Center continues to monitor and assess statewide flu activities as Ohioans use precautions and prepare to respond to the nationwide outbreak of swine flu.

Ohio continues to have one confirmed case of swine flu from Lorain County. County health and emergency management officials statewide are working closely with state agencies and federal partners as they continue to uncover details of this virus.

Currently California has seven cases, Kansas two cases, New York City 28 cases and Texas has cases two confirmed.

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses. Outbreaks of swine flu occur regularly in pigs. People do not normally get swine flu, but human infections can and do happen. Most commonly, human cases of swine flu happen in people who are around pigs but it's possible for swine flu viruses to spread from person to person also.

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

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

If you get sick with influenza, the Ohio Department of Health (ODH) recommends you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

For public inquires regarding the swine flu, Ohioans are urged to call **1-866-800-1404**. This information line is staffed 8am to 5pm, Monday through Friday. These hours are being assessed daily, and will expand if needed.

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