



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

HEALTH ALERT

July 2, 2009

Contact: Julie A. Pryde, Public Health
Administrator, (217) 531-5369
Lori Holmes, Public Relations,
(217) 531-2927

First Confirmed Case of H1N1 in Champaign County

Champaign-Urbana Public Health District Urges the Public to Stay Home When Sick.

Champaign, IL – The Champaign-Urbana Public Health District (CUPHD) is reporting the first laboratory-confirmed case of H1N1 in Champaign County. The individual has been treated by a local physician and is recovering at home. The age of the person is being reported as between 5-24 years. Persons suffering from chronic diseases such as asthma, diabetes, or immune-deficiencies, or who may be pregnant should contact their health care provider at the first sign of a fever.

The symptoms of H1N1 flu in people are similar to the symptoms of regular seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu. Severe illness (pneumonia and respiratory failure) and deaths have been reported with H1N1 flu infection in people. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

People with H1N1 influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. CUPHD asks citizens to take “individual responsibility” to stop the spread of H1N1 flu and utilize the following everyday steps to protect both their health and the health of their community at large:

- Cover your nose and mouth with your sleeve or elbow when you cough or sneeze.
- 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, CDC recommends that 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 more information about H1N1 flu, visit the CUPHD website at www.c-uphd.org. Additional resources are also available at www.stock2forflu.com and www.champcoprepares.com .

####