



# County of Rockland Department of Health NEWS RELEASE

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FOR IMMEDIATE RELEASE  
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## **Rockland County Department of Health – H1N1 Flu Update 6/4/09**

Pomona, NY – The Rockland County Department of Health is continuing to closely monitor flu activity, and the H1N1 flu is now present Countywide. Seasonal influenza is still circulating. However the majority of flu now in Rockland County, as well as in the rest of New York State, is H1N1 flu.

The vast majority of cases of H1N1 flu in the community are still mild, and remain non-laboratory-confirmed because they are not being tested. Following state and federal guidelines, only severely ill, hospitalized patients are being tested for H1N1 flu by the New York State Department of Health laboratory.

Most cases of H1N1 flu can be managed at home. It is best to contact your health care provider, and avoid the emergency room unless you are severely ill and need immediate medical care. There are anti-flu drugs, such as Tamiflu, that your health care provider can prescribe to treat H1N1 flu. There is no shortage of Tamiflu in the County. Anti-flu drugs work best if started within 2 days of the beginning of symptoms. Your health care provider can determine if you need treatment. The federal Centers for Disease Control and Prevention (CDC) recommends that anti-flu treatment be given to all hospitalized patients and people who are at higher risk for flu complications.

“We realize that many people, especially parents, are worried and concerned about H1N1 flu,” stated Kathleen Henry, Deputy Commissioner of Health. “At this time, the state and local health departments are advising schools that students can continue to come to school, as long as they are not sick and do not have flu-like symptoms. Students who are ill should stay at home and practice good hygiene. School closure is only recommended if there is a large number of faculty and student absences that interferes with the school’s ability to function.”

At this time, the Health Department is focusing its efforts on reducing and preventing H1N1 flu. Just like with seasonal flu, the Rockland County Department of Health is recommending adults and children follow common sense strategies to reduce their risk of getting the flu and protect others from infection:

- Stay home when ill.
- If you are sick, 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.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough, sneeze or spit. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid close contact with sick people.
- In addition - try to stay in good general health - get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you would like more information about the H1N1 flu visit the County website at [www.rocklandgov.com](http://www.rocklandgov.com) and click on the H1N1 flu icon. You can call the Rockland County Department of Health at these numbers during normal business hours: (845) 364-2534 or (845) 364-2538 and Information Rockland at (845) 364-2020. Automated information is available on the Rockland County Residents' Information service at (845) 364-8990.

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