



## Greene County Public Health

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**Public Health**  
Prevent. Promote. Protect.

For Release 5/ 21/09  
Public Health Statement

Re: in response to the health advisory regarding swine influenza that has been declared for all of New York State.

Today /On May 21 2009, we received notice that there is a confirmed case of Influenza H1N1 in Greene County.

This flu may spread to other residents of the county.

Please follow the guidelines issued by the NYSDOH & CDC Atlanta.

If you become sick:

1. Check with your doctor if you are pregnant or have an underlying medical condition such as diabetes, asthma or emphysema etc.
2. Check with your health care provider about whether you should receive antiviral medication.
3. If you develop difficulty breathing, your lips turn blue, have a seizure, are vomiting & unable to keep anything down, develop signs of dehydration (dizziness, absence of urination or absence of tears when crying in infants), or become less responsive than normal or confused, you should IMMEDIATELY seek emergency care.

If you are sick and at home:

1. Follow the above.
2. Keep away from people as much as possible and wear a mask when in public places.
3. Stay home for 7 days after the symptoms start and the fever disappears.
4. Wash or clean your hands frequently.
5. Take medicine as recommended by your health care provider.

If you are a caregiver:

1. Wash/clean your hands frequently.
2. Avoid being face to face with the sick person (place a child over your shoulder and if possible wear a mask.)
3. Limit the caregivers to one adult.
4. Limit visitors to the home.
5. Open windows to maintain good ventilation.
6. Dedicate one bathroom for the sick.
7. Use paper towels for drying hands and place used towels & tissues in the trash right away.
8. Assign or dedicate cloth towels to each person in the household
9. Don't "hug" dirty laundry, wash and dry laundry as you would normally – dry on hot cycle if possible.
10. Monitor the health of all in the household.
11. Have emergency contact numbers handy.
12. Call your health care provider to see whether antiviral medication should be given to you.