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& Home Health Agency

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## **H1N1 Death in Reno County**

Reno County Health Department has been notified of a death in Reno County associated with H1N1. The death occurred in a 53 year old woman who had underlying health conditions that placed her at greater risk for severe complications of influenza.

We would like to express our sincere sympathy to the family in this time of sorrow.

The Health Department reminds the public that although the disease is relatively mild in many cases, it can be more serious in those with underlying health conditions. Those individuals should check with their medical providers if they have flu-like symptoms. Symptoms may include:

- Fever
- Cough
- Sore throat
  - Other symptoms may include: headache, extreme tiredness, runny or stuffy nose or muscle aches. Nausea, vomiting, and diarrhea can also occur and are more common in children than adults.

Emergency warning signs related to H1N1 include:

### **In Children:**

- Bluish or gray skin color (call 9-1-1 immediately)
- Not drinking enough fluids
- Severe or persistent vomiting
- 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

### **In adults**

- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

As with any influenza virus, individuals are encouraged to take the following steps to reduce the spread of H1N1:

- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.
- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Because there is not sufficient vaccine to protect our entire population, vaccine is being targeted to priority groups based on the recommendations established by the Centers for Disease Control and the Kansas Department of Health and Environment. The vaccines are being administered to those at high risk first.

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