



Columbia County Department of Health

Nancy A. Winch, R.N., M.S.
Public Health Director

325 Columbia Street Hudson, • NY 12534 • (518) 828-3358 • Fax (518) 828-8472

For immediate release
April, 27, 2009

Columbia County Health Department is aware of the Swine Flu influenza A (H1N1), outbreak and has increased surveillance along with the seasonal flu already reported in Columbia County as directed by the New York State Department of Health.

Public Health Director Nancy Winch states, that the department is using a plan already in place, that includes appropriate protocols, education and awareness about the swine flu to county health providers, schools, daycares, first responders, county department heads, community services and agencies.

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) have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions. The public is encouraged to call their primary care physician first if you are experiencing any of the symptoms.

The Columbia County Health Department reminds everyone that you can help to prevent the spread of Flu, by washing your hands often, avoiding close contact with people who are sick, if possible staying home from work or school when you are sick, covering your cough or sneeze, and avoiding touching your eyes, nose or mouth.

A toll-free telephone hot line for information has been set up at the New York State Department of Health, please call 1-800-808-1987. More information can be found at www.nyhealth.gov, www.cdc.gov, www.who.int, and the Columbia county web site at www.columbiacountyny.com.