



Hays County, Texas

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Information for the News Media

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Hays County H1N1 Flu Update

***CDC Confirms First Cases in County; Family Members Have Since Recovered
Health Officials Remind Residents of Prevention Measures***

Hays County Courthouse, San Marcos, TX – The CDC has notified the Hays County Personal Health Department that it has confirmed four cases of H1N1 flu in Hays County that occurred in May. The affected residents are members of the same family, all children, who have subsequently recovered and were not hospitalized. The parents, who said the family had not traveled recently, also reported symptoms but are not confirmed as having had H1N1.

Priscilla Hargraves, director of the Hays County Personal Health Department, reminded residents to continue to take precautions to prevent the transmission of the flu, which is spread mainly through the sneezes and coughs of infected persons.

“Residents should continue to be vigilant about basic sanitary precautions,” Hargraves said. “Covering your mouth when coughing or sneezing, properly discarding used tissues and washing your hands frequently are some of the best ways to prevent any type of flu. We continue to encourage those who are sick to stay at home and follow the advice of their health care provider.”

The H1N1 virus continues to circulate throughout the country and symptoms are similar to any other type of flu. Persons who are experiencing flu symptoms such as fever, cough, sore throat, runny or stuffy noses, body aches, headaches, chills and fatigue should see their health care provider. Some persons have also reported diarrhea and stomach upset. Health-care providers can administer a test to determine if the flu is a seasonal type or H1N1, although treatment of any type of flu is the same.

Child-care providers, who may be taking care of more children now that school is out, should pay particular attention to hygiene at their facilities.

Additional information about H1N1 is available at the Texas Department of State Health Services Web site at <http://www.dshs.state.tx.us/swineflu/default.shtm> and the CDC at <http://cdc.gov/h1n1flu/>.

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Media Contact:

Laureen Chernow, Hays County Communications Office

Office: 512.393.2296

Mobile: 512.461.5093

Laureen.chernow@co.hays.tx.us