



# Public Health Update

From the  
Volusia County Health Department 8/14/2009 #1



As you know, the novel H1N1 Swine Flu virus is circulating in our community. The majority of the flu cases in Florida are H1N1 Swine Flu.

The Department of Health and the Centers for Disease Control and Prevention are no longer counting individual cases, but are collecting reports of deaths, hospitalized pregnant women, those with life threatening illness, and outbreaks of influenza or influenza-like illness (ILI).

There was one reported H1N1 Swine Flu death in Volusia County and over 40 deaths statewide. Deaths and severe illness due to the virus have been mostly in individuals with serious pre-existing medical conditions as well as in pregnant women. Most people who have become ill have recovered at home without requiring medical treatment.

"It is important for everyone to understand the novel H1N1 Swine Flu virus exists in our community," said Dr. Bonnie Sorensen, director of the Volusia County Health Department. "The best way to avoid spreading the flu or getting it is to cover your cough or sneeze, wash your hands frequently, and stay home when you are sick."



## PROTECT YOURSELF AND YOUR FAMILY

Citizens are urged to practice good hand hygiene, proper coughing etiquette and other flu prevention tips to prevent the spread of germs and to avoid getting sick.

If you think you have an influenza-like illness defined as fever of 100 degrees or higher, cough, or sore throat, please call your health care provider and discuss whether you need to be seen in their office or emergency room or stay at home.



[www.protectedontinfect.com](http://www.protectedontinfect.com)

## Flu Terms Defined

**Seasonal (or common) Flu** is a respiratory illness that can be transmitted person to person. Most people have some immunity, and a vaccine is available.

**Novel H1N1 Swine Flu** is a new influenza virus. This new virus was first detected in the U.S. in April 2009, and has spread to many countries around the world.

**Pandemic Flu** is virulent human flu that causes a global outbreak, or pandemic, of serious illness. Because there is little natural immunity, the disease can spread easily from person to person.

[www.volusiahealth.com](http://www.volusiahealth.com)