



State of Wisconsin
Department of Health Services

Jim Doyle, Governor
Karen E. Timberlake, Secretary

For Immediate Release

May 2, 2009

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First Confirmed H1N1 Cases Reported in Wisconsin

State health officials announce that the Centers for Disease Control and Prevention (CDC) has confirmed three cases of H1N1 flu (swine flu) in Wisconsin. Two cases are from Milwaukee County and the third case is from Adams County. These were announced as probable cases on April 29th, but have been confirmed by the CDC today.

“These findings confirm the H1N1 virus is active in Wisconsin and people should continue to take precautions to protect themselves against the spread of influenza,” said Dr. Seth Foldy, State Health Officer. “We have informed Governor Doyle of these confirmations and numbers are expected to grow as we continue to monitor the situation statewide.”

State health officials ask that you do not proactively take or stockpile anti-viral drugs, such as Tamiflu and Relenza. These drugs will be prescribed by your physician as necessary for treatment for sick individuals or for those who have had very close contact with ill persons.

Ways to protect yourself and your family from the H1N1 virus include:

- Stay home for 7 days after the start of illness and fever is gone
- Call your health care provider if you develop influenza-like symptoms. You will be advised as to whether you should be seen or if you need to take antiviral medications.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer often, especially after using tissues
- Cover coughs and sneezes with your arm or sleeve
- Don't share drinking cups and straws
- Avoid close contact with others who are sick
- Get plenty of rest and drink clear fluids to keep from being dehydrated
- Frequently clean commonly touched surfaces (i.e., door knobs, refrigerator handle, telephone, faucets)

Symptoms of H1N1 influenza include fever, headache, dry cough, sore throat, nasal congestion, body aches and/or tiredness, and in some cases, nausea or diarrhea.

For more information about H1N1 influenza, visit <http://pandemic.wisconsin.gov/>

The CDC website is available at <http://www.cdc.gov/h1n1flu/>

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