



# NEWS

www.pueblohealthdept.org  
151 Central Main Street, Pueblo, CO 81003

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Contact: Sarah Bruestle  
Public Information Officer  
(719) 671-1341 cell

## PUEBLO'S SECOND CONFIRMED H1N1 FLU CASE

PUEBLO, July 31, 2009 – The Pueblo City-County Health Department announced today the second confirmed human case H1N1 influenza in Pueblo County. The individual is a 14 year old girl who is recovering at home.

“This second confirmed case of H1N1 influenza in Pueblo is not a surprise, it is time for people to prepare their families, home and work for a possible stronger surge of the virus in the fall,” stated Jody Carrillo director of the Disease Prevention and Emergency Preparedness division at the Pueblo City-County Health Department. She added, “Nationally the H1N1 virus appears to be affecting children and young adults the most. This is a concern as schools will be reopening in a few weeks.”

Carrillo recommends if you feel flu-like symptoms, including fever, headache, runny nose, sore throat, muscle aches and fatigue, call your doctor for evaluation and stay home from school or work.

H1N1 flu was declared a pandemic in June, meaning that that the virus is spreading worldwide. While H1N1 flu has generally been a mild illness, hospitalization and death related to flu complications does occur. The Centers for Disease Control and Prevention has reported 353 deaths nationally as of July 30 (<http://www.cdc.gov/h1n1flu/update.html>).

Carrillo explained, “The pandemic H1N1 flu virus is a reminder of the ever-changing and unpredictable nature of influenza.” She added “People need to continue protecting themselves against flu or spreading the flu,” Carrillo said. People should wash their hands frequently and cover their sneezes and coughs. People who are sick should stay home from school or work. The H1N1 flu outbreak points out the importance of preparedness planning, chiefly stockpiling at home a two-week supply of food, water and other supplies for use in a flu epidemic or other emergency.

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**PUEBLO'S 2<sup>ND</sup> CONFIRMED H1N1 FLU CASE**

“Each person must take the responsibility to limit the spread of the flu” stated Carrillo.

**Carrillo reminds people of the actions they can take to stay healthy.**

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

**Try to avoid close contact with sick people.**

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you are sick, stay home from work or school and limit contact with others to keep from infecting them.

Preparedness and stockpiling may be needed if an illness is near or in Pueblo. Social distancing is implemented to reduce the spread of the illness. Social distancing may be used to prevent large crowds of people from gathering. For example, schools and shopping centers may be closed; sporting events or other special events may be cancelled in order to protect the community from spreading illness.

For additional information on planning for a flu outbreak view the Public Health Preparedness and Response Division on the Pueblo City-County Health Department's website [www.pueblohealthdept.org](http://www.pueblohealthdept.org).

Additional information about H1N1 flu virus can be obtained by calling the toll-free Colorado Help Line, 1-877-462-2911, which is staffed by trained professionals. Information is available at [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu) or call the Pueblo City-County Health Department (719) 583-4300 or visit [www.pueblohealthdept.org](http://www.pueblohealthdept.org).

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