



NEWS FROM THE ULSTER COUNTY EXECUTIVE

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FOR IMMEDIATE RELEASE

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ULSTER COUNTY HEALTH DEPARTMENT REPORTS FIRST CONFIRMED CASE OF H1N1 FLU

Kingston, NY (June 4, 2009) – The Ulster County Health Department reports that it received notification from the Wadsworth State Laboratory in Albany this morning of its first confirmed case of H1N1 (Swine) flu. The person involved is reported to be recovering.

“We anticipated this news would come sooner or later,” said Ulster County Public Health Director, Dean Palen. “With the number of H1N1 cases in New York State, it was only a matter of time before we had our first confirmed case.”

Ulster County Executive Mike Hein noted that the County Health Department is continuing to monitor flu activity and is working closely with the New York State Health Department and area medical facilities to monitor and prepare for any flu related developments.

The County Executive and the Public Health Director want to remind County residents to take the following important steps to stay healthy:

- First and most important – wash your hands often with soap and water, especially after you cough or sneeze. Alcohol based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough, sneeze or spit. Throw the tissue in the trash after you use it.

- **Avoid touching your eyes, nose or mouth. Germs spread the way.**
- **Avoid close contact with sick people.**
- **In addition, try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.**
- **If you or a family member becomes ill with flu-like symptoms, you should contact your health care provider if the symptoms are severe or the ill person is at high risk for flu complications. Those at high risk include children younger than 5 years old, pregnant women, people with chronic medical conditions, and people 65 years and older.**
- **If you are sick, stay home for 7 days after your symptoms begin or until you have been symptom free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.**

If you would like more information about the H1N1 flu, visit the Ulster County website at:

www.ulstercountyny.gov/health/swinefluinfo.html. You can also call the Ulster County Health

Department at (845) 340-3090.

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