



TUBA CITY REGIONAL HEALTH CARE CORPORATION

167 North Main Street, P.O. Box 600
Tuba City, Arizona 86045-0600
(928) 283.2501

May 21, 2009
Contact: Debi Farrell 928/283-2628

Press Release
FOR IMMEDIATE RELEASE

Tuba City, Arizona – Tuba City Regional Health Care Corporation (TCRHCC) officials announced today that an additional case of novel H1N1 Influenza A (commonly referred to in the media as “swine flu”) has been confirmed on the Western Navajo Nation.

“This is the second confirmed case in the Arizona portion of the Navajo Nation,” said Debi Farrell, TCRHCC Infection Control Preventist. “The patient was treated in the past week and is recovering.”

Farrell advises coming to TCRHCC only if a patient is quite ill. People with flu symptoms should stay home and minimize contact with others.

The novel H1N1 Influenza A is contagious and can be spread from human to human, mainly through coughing and sneezing, or by touching something with flu viruses on it and then touching the nose or mouth. Infected people may be able to infect others beginning one day before symptoms develop and up to seven or more days after becoming sick. People with the flu can pass the flu to another person before they are sick or while they are sick.

Signs and symptoms of novel H1N1 influenza A are fever of 100 degrees F. or above, cough, sore throat, headache, body aches, chills, and extreme fatigue. Some people have reported diarrhea and vomiting with novel H1N1 Influenza A.

The spread of germs can be reduced by taking the following step:

1. If you are feeling sick, stay home from work, school or public places. Avoid contact with other people so that you don't infect others.
2. Cover your nose and mouth with a tissue when you cough or sneeze or cough into your arm. Throw the tissue away after you use it.
3. Wash your hands often with soap and water, especially after you cough or sneeze. Use hand sanitizers if you are not near any running water and soap.
4. Do not shake hands if you are sick.
5. Avoid close contact with sick people.

There are many resources with information on the novel H1N1 Influenza A (swine flu), including the following websites. www.cdc.gov or www.azdhs.gov.

What to do if someone is sick:

1. Unless they need medical attention, sick people should stay home. Don't send children to school or daycare.
2. Have them drink a lot of liquid (juice, water, Pedialyte).
3. Keep the sick person comfortable. Rest is important.
4. For fever, sore throat, and muscle aches, use fever-reducing medicines that a health care professional recommends, based on the patient's age. Do not use aspirin with children or teenagers; it can cause Reye's syndrome, a life-threatening illness.
5. Keep them away from those who are not sick.

6. Keep tissues close to the sick person and have a trash bag within reach for disposing used tissues.

A person should seek medical attention if they have any of the following warning signs:

1. Fast breathing or difficulty breathing.
2. Bluish or gray skin color.
3. Not drinking enough fluids.
4. Not waking up or not interacting.
5. Not urinating
6. Symptoms improve but then return with fever and a worse cough.

You may still become ill with the flu unrelated to the novel H1N1 Influenza A. According to the U.S. Centers for Disease Control, most cases of H1N1 Influenza A have been mild.

There is reason to take precautions regarding the flu every year during flu season, primarily among those whose immune system is compromised in some way whereby they run a higher risk of health complications if they contract the flu, and those who live with or care for them.

Serious problems from influenza can happen at any age. People age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children are more likely to have complications from influenza. The flu can make chronic health problems worse. Deaths associated with the flu are usually associated with a serious underlying illness or condition.

While the novel H1N1 Influenza A that has been widely covered in the news is serious, when compared to the statistical averages, more than 200,000 people are hospitalized during a normal flu season and 35,000 flu-related deaths occur in the U.S. every year.

#