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# News Release

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FOR IMMEDIATE RELEASE  
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## **NEW KENT COUNTY CLOSELY MONITORING SWINE FLU OUTBREAK**

**NEW KENT VIRGINIA, MAY 1, 2009:** At this time media reports indicate 141 cases of swine flu, or the H1N1 swine influenza virus, in the United States and two cases in the Commonwealth of Virginia. While state and local health organizations are working together to prepare to respond to the outbreak, New Kent County has a comprehensive pandemic response plan in place. With the guidance of the local Health Department, the County will keep citizens up-to-date on health issues should this strain of flu become an emergency in our community.

The Centers for Disease Control (CDC) encourages that the following preventive measures be taken for control of swine flu, similar to those for seasonal flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

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- Wash your hands often with soap and water, especially after you sneeze or cough. Alcohol-based hand sanitizers may also be effective.
- 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 the coughing or sneezing of infected people. If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. If you need medical attention, call your health provider promptly.

Additional information about the swine flu is available on the Virginia Department of Health website at [www.vdh.virginia.gov](http://www.vdh.virginia.gov). A statewide call center, 877-ASK-VDH3 (877-275-8343) has also been opened for both the general public and healthcare providers with questions. Further information about the swine flu can be found at the CDC website, [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).

New Kent County makes the safety of its citizens and their families its first priority. Please be assured that we will continue to monitor this situation closely to ensure the safety of our citizens and we will continue to update you on these efforts.

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