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News Release

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Lee County Health Department Urges Residents to Practice Flu Hygiene

Fort Myers, FL— Even though flu season should be coming to a close, this year it has lingered around the country longer than usual. Therefore, the Lee County Health Department recommends people continue precautionary measures to reduce the transmission of the flu.

“We continue to recommend the same precautions to the public that we always recommend during the regular flu season: that everyone should wash their hands frequently, stay home from work or school if they feel ill, and cover their mouths with a tissue or their sleeve if they are coughing,” said Dr. Judith Hartner, M.D., M.P.H., M.P.A.

Common sense precautions to prevent illness also include: avoiding close contact with those who are ill; staying home when sick; covering the mouth and nose when coughing or sneezing; avoiding touching the eyes, nose or mouth; and frequent hand washing. These simple measures will reduce transmission of all flu virus whether seasonal or H1N1 (swine flu).

Currently there are twelve cases of H1N1 (swine flu) virus that have been confirmed in residents in Lee County. The newly confirmed cases are in children from Bonita Springs and Lehigh Acres. As with all the previously confirmed cases, the children had mild symptoms and are recovering with no long-term complications.

The confirmed cases in Lee County include;

7 year old male;	60 year old female;	3 year old female;
10 year old male;	18 year old male;	9 year old female;
8 year old female;	21 year old female;	10 year old female;
7 year old male;	34 year old male;	10 year old female

The Centers for Disease Control (CDC) has advised people with chronic pre-existing conditions and pregnant women to be especially vigilant to prevent against infection. If someone experiences flu-like symptoms they should contact their health care providers or hospital for instructions about receiving treatment.

For more information on swine flu, visit: <http://cdc.gov/swineflu>. Individuals can also visit www.doh.state.fl.us/DEMO/php/FluInfo for information on swine flu and Florida. Additionally a toll free information line has been established to address the increasing number of calls from the public requesting H1N1 flu information. The number is 1-800-342-3557 and it is open from 8 a.m. to 8 p.m. A local Lee County Health Department live hotline number is 239-461-6180.

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