

H1N1 flu case diagnosed in Brush

Written by Holyoke Enterprise

John Crosthwait, district public health administrator for the Northeast Colorado Health Department, announced today that a case of H1N1 flu has been reported in northeast Colorado involving a 13-year-old Brush Middle School student. The student is at home, was not hospitalized and is recovering.

“The Centers for Disease Control and Prevention has recently revised their recommendations on H1N1 influenza in schools, stating that they believe it is safe for any school with a single confirmed case to remain open,” said Crosthwait. “We are working closely with the Brush School District and other partners in Morgan County regarding the situation and will continue to do so as necessary.”

NCHD officials have taken steps to increase surveillance of influenza-like illness in northeast Colorado, asking health care providers, hospital emergency departments and schools to be on the lookout for flu-like symptoms.

“The best course of action we can recommend for Morgan County residents is to practice healthy habits,” said Crosthwait.

These precautions include:

- Stay home when you are sick to avoid spreading illness to co-workers and friends.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Wash your hands thoroughly with soap and warm water or use an alcohol-based hand sanitizer to get rid of most germs and avoid touching your eyes, nose and mouth.

The symptoms of H1N1 flu in people appear to be similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with this virus as well. Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions; however, it has shown to be a relatively mild virus so far in the United States.

If you are experiencing symptoms and don't feel you need immediate medical attention, stay home from work or school and limit contact with others. If you are experiencing symptoms and feel you do need medical attention, call your medical provider prior to showing up in an emergency room or a clinic setting. If you are not experiencing symptoms but think you have been exposed, monitor your symptoms and take appropriate action as mentioned above.

The number of statewide cases is updated daily by the Colorado Department of Public Health and Environment and can be viewed at www.cdphe.state.co.us. For more information about the H1N1 virus, please visit www.cdc.gov/h1n1flu or call the Colorado HELP hotline at 1-877-462-2911.