



KANAWHA CHARLESTON
HEALTH DEPARTMENT

108 Lee Street, East
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(304) 348-1088
www.kchdvw.org

April 29, 2009

Dear Travelers,

Welcome back! The Kanawha-Charleston Health Department would like to inform you of the most up-to-date information on the swine influenza (H1N1) outbreak. As of today, there are 91 confirmed cases and one death across the United States attributed to this virus. There are no confirmed cases in West Virginia. There have been 26 cases confirmed in Mexico including 7 deaths. However, swine flu is suspected of killing more than 150 and sickening over 2,400 people in Mexico.

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include fever greater than 100°F or 37.8°C, sore throat, cough, stuffy nose, chills, headache, body aches, fatigue, diarrhea and vomiting. Severe illnesses such as pneumonia and respiratory failure, as well as death, have been reported with human swine flu infection. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

We want to ensure your health and safety and therefore this notice is to advise you that if you are currently experiencing flu-like symptoms or develop flu-like symptoms over the next 7 days, report your illness to your health care provider immediately. When speaking with your healthcare provider, please be sure to inform them of your symptoms and your recent travel.

If you are sick, avoid leaving your home except to get medical care or as instructed by your doctor. Avoid close contact with other people as much as possible. When you cough or sneeze cover your nose and mouth with a tissue or your sleeve if you do not have a tissue. Throw used tissues in a trash can and after you cough or sneeze, wash your hands with soap and water or use a 60% alcohol-based hand sanitizer. If you must leave your home, wear an approved mask to keep from spreading your illness to others.

If you visit your healthcare provider because of the above symptoms over the next seven days, please take this letter with you so they can **contact us** for the proper testing and treatment procedures.

For more information, please contact the Kanawha-Charleston Health Department at (304) 348-1088 or after hours call (304) 348-8080. Additional information is available at our website, www.kchdvw.org or www.cdc.gov/swineflu.

Sincerely,



Rahul Gupta, MD, MPH, FACP
Health Officer and Executive Director