

FOR IMMEDIATE RELEASE

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DPHSS OFFICIALS CONFIRM 26 ADDITIONAL H1N1 CASES
165 Confirmed Cases; 1 Death

The Department of Public Health and Social Services (DPHSS) officials have received laboratory confirmation results of twenty-six (26) additional cases bringing Guam's total of H1N1 confirmed cases to one hundred sixty-five (165) cases and one (1) death. Of the newly reported cases, seven (7) were hospitalized and all individuals have fully recovered.

DPHSS continues to maintain vigilance and collaborate with key partners to reduce the impact of the illness, to prevent complications and death and in addressing the challenges posed by this newly identified virus. DPHSS will continue to provide information to health care providers and the public, and strongly recommends that island residents exercise the following precautions:

- Those who are experiencing prolonged flu-like symptoms for more than seven days should seek medical attention.
- Those with pre-existing medical conditions experiencing flu-like symptoms, contact their doctor.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 3-5 days or 24 hours after your fever is gone without the use of fever-reducing medicine, whichever is longer (fever is defined as having a temperature of 100° Fahrenheit or 37.8° Celsius or greater). This is to keep from infecting others and spreading the virus further.

For more information, please visit the following website at www.flu.gov; the Department of Public Health and Social Services website at www.dphss.guam.gov; or Guam Homeland Security/Office of Civil Defense website at www.guamhs.org. You may also call the Information Line at 735-H1N1 (4161).