

FOR IMMEDIATE RELEASE

May 29, 2009 2:45 pm (ChST)

PHICC Release No.09-015

Department of Public Health and Social Services Continues Surveillance
Public Advised No Need for Panic

Guam continues to have 0 confirmed or probable cases of the Novel Influenza A (H1N1) virus. DPHSS continues to keep vigilance and surveillance activities including sending random samples for testing. To date, all routine samples analyzed have been negative for H1N1. Should confirmed cases be reported on island, DPHSS officials advises island residents the following health precautions:

- Don't panic
- 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 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Seek emergency medical care if you become ill with flu-like illness and experience any of the following warning signs:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more information, please visit the Centers for Disease Control Website at www.cdc.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).