

WHITMAN COUNTY

Department of Public Health

CENTRAL OFFICE

310 N. MAIN STREET
COLFAX, WASHINGTON 99111
PHONE (509) 397-6280
FAX (509) 397-6239

PULLMAN BRANCH OFFICE

1205 SE PROFESSIONAL MALL BLVD STE # 203
PULLMAN, WASHINGTON 99163
PHONE (509) 332-6752
FAX (509) 334-4517

Whitman County Influenza Update 8/31/09

Over the last weekend (8/28-8/30), over 200 persons with influenza-like illness (ILI) were seen in area clinics, urgent care centers and hospital emergency rooms. Most persons presenting for care were WSU students. Some community members were also seen. Two patients were hospitalized overnight for treatment. Several students have been treated for influenza symptoms associated with dehydration. No deaths or serious complications have been reported at this time.

WSU has an update on their situation here: <http://h1n1flu.wsu.edu/utills/File.aspx?fileid=5504>

Although no patient samples have been confirmed in the State Public Health Laboratory, we believe the present outbreak is caused by the 2009 H1N1 Influenza A sub-type since this is the predominant strain or sub-type of Influenza A in circulation since late last Spring.

Follow-up on local patients identified with Influenza A has shown this illness to be mild to moderate in severity and to have a duration of 4-5 days, at the most. Most cases respond very well to acetaminophen (Tylenol) and ibuprofen (Advil, Motrin). Patients with mild and uncomplicated infections do not require treatment with anti-viral medication.

Health officials at the Whitman County Health Department expect to see more cases of influenza occurring in the Pullman area in the coming days and weeks. Working parents of school aged children should make a plan now for keeping children home and away from school in the event they become sick. . A vaccine for H1N1 Influenza A is currently undergoing clinical trials but is not expected to be available until the middle of October.

Influenza transmission can be prevented by following some simple hygienic measures:

- Wash your hands frequently with soap and water. Use an alcohol-base hand sanitizer when soap and water are not available
- Avoid touching your hands to your nose, mouth or eyes
- Do not share with others things you put in your mouth such as eating or drinking utensils
- Cover your cough or sneezes with a tissue or your sleeve
- Clean surfaces and objects that are touched frequently by other people (door knobs, railings, etc) on a regular basis

PUBLIC HEALTH * VITAL RECORDS



HIV/AIDS * ENVIRONMENTAL HEALTH

Public Health
Prevent. Promote. Protect.

- Stay home if you are sick with a flu-like illness (fever, cough, sore throat, head ache, body aches). Do not return to work or school until 24 hours after your fever has resolved.

Please call the Whitman County Health Department at 509-397-6280 for more information. Or check our website at www.whitmancounty.org/publichealth