

DPHSS OFFICIALS ENCOURAGES ISLAND COMMUNITY TO REMAIN VIGILANT
Precautionary Measures for Individuals with Chronic Medical Conditions

FOR IMMEDIATE RELEASE

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To date, Guam has 4 confirmed cases of H1N1.

The Department of Public Health and Social Services (DPHSS) is strongly urging that our island community remain vigilant against influenza this season. Influenza is an illness which can cause complications for people with underlying medical conditions including heart disease.

Individuals aged 65 and older or those with chronic diseases and immune deficiencies are at higher risk for severe complications from influenza, including pneumonia. Please note that the symptoms of the H1N1 influenza are similar to seasonal influenza such as fever, cough, sore throat and nausea.

DPHSS officials are encouraging island residents to take these simple precautionary measures to protect themselves and minimize the spread of the disease in the community:

1. If you are ill, avoid contact with others. Stay home from work and if your child is sick – keep them at home for 7 days or 24 hours after symptoms resolved – whichever is longer.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Cough or sneeze into your sleeve, rather than your hands, if a tissue is not available.
3. Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol based hand cleaners are also effective.
4. Avoid touching eyes, nose, or mouth. Germs spread easier through these routes.

If you have severe illness or you are at high risk for complication from the flu, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed.

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).