

**FOR IMMEDIATE RELEASE**

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***DPHSS OFFICIALS CONFIRM 23 ADDITIONAL H1N1 CASES***  
*84 Confirmed Cases; 1 Death*

The Department of Public Health and Social Services (DPHSS) officials have received laboratory confirmation results of 23 additional cases bringing Guam's total of H1N1 confirmed cases to 84 cases and 1 death. All 23 individuals have fully recovered.

DPHSS will continue to collaborate with key partners to ensure that individuals who are ill are quickly identified and assessed and appropriate precautionary measures are taken. DPHSS will also continue to provide information to the health care providers and public. DPHSS officials strongly recommend 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 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.

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