



NEWS

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Second McLean County Resident Tests Positive for H1N1

BLOOMINGTON- McLean County has its second confirmed case of H1N1 influenza. A 17-year-old female tested positive for the virus late last week. She was not hospitalized but was treated with antiviral medication. The McLean County Health Department communicable disease staff followed up with the individual and learned that prior to illness she had a history of travel to the Chicago area, where the majority of Illinois' 1,200 cases are concentrated.

McLean County Health Department Assistant Administrator and Community Health Services Director Cathy Coverston Anderson reminded residents that they should not become complacent about H1N1. "Although we have only had two cases in McLean County and both have been relatively mild, everyone should remain aware and continue to wash their hands, practice cough etiquette and stay home when sick. It is likely we will see additional cases here, but the department is ready to respond and minimize the impact of additional cases," Coverston Anderson said.

Residents should go about life as usual and continue to practice the three Cs.

Clean- Wash your hands.

Cover- Cover your cough and sneeze with a tissue or upper part of your arm, *not* your hands. Wash your hands after coughing or sneezing into a tissue.

Contain- Contain your germs. Stay home if you are sick and keep sick children at home as well. Stay away from others who are sick.

Symptoms of H1N1 flu are similar to regular human flu and include: fever, cough, sore throat, body aches, headache, chills and fatigue. Anyone experiencing symptoms should stay home, but contact their healthcare provider to see if they should come in for testing or treatment.

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