



Kingman County Health Department

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Kingman County Swine Flu Update

- The current number of confirmed cases of Swine Flu in the United States is as follows:

California	10
Kansas	2
New York	45
Ohio	1
Texas	6
- Internationally, cases have now been confirmed in Canada, Mexico, Scotland, Spain, and Israel.
- Kingman County Health Department has instituted active surveillance to determine if there are any cases of illness that should be suspected as Swine Flu. Active surveillance includes contacting all health care providers, the local hospital, and schools daily to see if anyone has been sick with symptoms that could be Swine Flu.
- At this time there are no suspected, probable, or confirmed cases in Kingman County.
- Yesterday, CDC issued a travel health warning recommending that all travelers postpone non-essential travel to Mexico until further notice
- CDC is concerned that continued travel by U.S. travelers to Mexico presents a serious risk for further outbreaks of swine flu in the United States and travel to Mexico poses a significant risk to those travelers.
- Antiviral drugs have been found to be very effective against swine flu and to date no deaths have been associated with swine flu in the United States.
- The CDC's Division of the Strategic national Stockpile (SNS) has released ¼ of its antiviral drugs, personal protective equipment, and respiratory protection devices to help states respond to the outbreak. Portions of this stockpile have positioned in each preparedness region across the country and there is a portion located within 1 hour of Kingman County – if the need should arise.

- The symptoms of swine flu are as follows:
 - Fever
 - PLUS:
 - cough and sore throat
 - runny nose or nasal congestion
 - Other criteria include:
 - Contact with persons with confirmed swine flu
 - –OR- who were in one of the U.S. states that have reported swine flu cases or in Mexico during the 7 days preceding the above symptoms.

- In order to protect your health and halt the spread of bacteria and viruses:
 - Cover your nose and mouth with the crook of your elbow when you cough or sneeze. This is better than using a tissue, but if you must sneeze/cough into a tissue, 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 sanitizer is also effective if you don't have access to soap and water. You should wash hands before eating or drinking, after using the bathroom, after sneezing or coughing, blowing your nose, or after coming into contact with someone you think may be sick.
 - Avoid touching your eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with sick people.