

# STATE OF ALASKA

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

DIVISION OF PUBLIC HEALTH  
SECTION OF NURSING

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## STATUS OF INFLUENZA A H1N1 (SWINE FLU) IN ALASKA

State health officials are closely monitoring the growing number of reported cases of H1N1 (swine flu) in the United States.

### WHAT CAN I DO TO STAY HEALTHY?

Health officials recommend following the **same advice given for prevention of seasonal influenza:**

1. **Wash your hands often with soap and water.** Use an alcohol based hand sanitizer if soap and water are not available.
2. **Cover your mouth when coughing or sneezing,** either with your arm or sleeve – this helps reduce the spread of respiratory illnesses. (Droplets of moisture in a sneeze travel at a rate of 150 feet a second and can land as far as 12 feet away).
3. **Keep your hands away from your nose, mouth and eyes to avoid transmitting germs.**
4. **Monitor your health. Stay home if you are sick.** Seek medical evaluation if you have symptoms of influenza (fever, headache, sore throat, cough, or muscle aches). Anyone with significant symptoms is encouraged to contact their doctor for an evaluation.

The **key** symptom is a **fever**, associated with a headache, strong cough, aches, pains, chills and a sore throat.

Generally, someone with H1N1 (swine flu) is contagious 1 day before symptoms start and up to 7 days after. If a person is exposed, symptoms would likely occur within that time frame.

State officials will be continually monitoring this situation in the days ahead. The Department of Health and Social Services is monitoring information from the Centers of Disease Control and Prevention and the World Health Organization and will help the Alaska public be aware of all appropriate health cautions and instructions.

*Stay informed, take every day action to stay healthy, follow public health advice and develop a family emergency plan.*

**For additional information on H1N1 (swine flu) go to:**

<http://www.pandemicflu.alaska.gov/>  
<http://www.cdc.gov/h1n1flu/>

**For information on how to be prepared go to:**

<http://www.hss.state.ak.us/prepared/>

<b>City of Homer Emergency Information Hotline:</b>	<b>235-3199</b>
<b>State of Alaska PanFlu hotline for general questions:</b>	<b>1-888-478-0084</b>
<b>Homer Public Health Center:</b>	<b>235-8857</b>