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## Media Update

COMMISSIONER'S OFFICE

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### May 6 Media Update

*Still no confirmed cases of H1N1 (swine) flu in Alaska*

- **How many cases of H1N1 (swine) flu have been reported in Alaska?**  
As of Wednesday, May 6 there are still no probable or confirmed cases of H1N1 flu in Alaska. To date, no suspected influenza samples have been sent to the CDC in Atlanta for testing.
- **New information added to State Pandemic flu Web site:** <http://pandemicflu.alaska.gov/>  
New informational guidelines have been posted on the state's site.
  - Guidance on School Closures for Alaska Schools  
[http://www.hss.state.ak.us/press/2009/H1N1school\\_os\\_050509.pdf](http://www.hss.state.ak.us/press/2009/H1N1school_os_050509.pdf)  
This statement informs administrators of Alaska's school districts, teachers, parents and students that the Alaska Department of Health and Social Services, along with the Centers for Disease Control and Prevention (CDC), is recommending a new approach to school closures in response to the novel H1N1 influenza strain circulating in the United States.
  - Interim Guidance for Alaska Employers for Protection of Migrant and Seasonal Workers from the H1N1 (swine) flu <http://pandemicflu.alaska.gov/PDFs/EmployerGuidance.pdf>  
This document provides interim guidance for Alaska employers of migrant and seasonal workers to help prevent infection with the novel H1N1 flu virus. This guidance, which is based on interim CDC guidance, is intended to provide supplemental information recognizing the unique characteristics of this worker population.

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Our primary messages remain:

Health officials recommend following the same advice given for preventing seasonal influenza:

- **Wash your hands often with soap and water.** Use hand sanitizer when soap and water are not available.
- **Cover your mouth when you cough or sneeze.** Cough or sneeze into a tissue or inside your elbow. Then wash your hands or use hand sanitizer.
- **Stay home if you are sick.** If you have flu symptoms such as fever, body aches and cough, stay home from work or school and avoid public activities for at least five days (seven for children) to prevent spreading the disease to others.

The department will continue to update its Web site at <http://www.pandemicflu.alaska.gov/> with state, national and international information about swine flu.

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