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Media Update

COMMISSIONER'S OFFICE

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May 7 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 Thursday, May 7 there are still no probable or confirmed cases of swine 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.

- **Alaska guidance regarding identifying Novel H1N1 Influenza (Swine Flu) infection and seeking medical treatment for illness**

<http://www.pandemicflu.alaska.gov/PDFs/H1N1medical.pdf>

This document reviews the symptoms of H1N1 (Swine flu) and gives guidance on when you should go to the doctor.

- **Alaska Cruise Ship Information Related to Novel H1N1 Influenza (Swine Flu)**

<http://www.pandemicflu.alaska.gov/PDFs/CruiseShips.pdf>

This document summarizes the guidelines followed by the cruise ship industry, the Centers for Disease Control and Prevention, and Alaska Department of Health and Social Services when responding to a report of "flu like illness" in either a crew member or passenger on a cruise ship.

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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