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## Media Update

COMMISSIONER'S OFFICE

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### May 8 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 Friday, May 8 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.

- **Further media updates will be issued when new information becomes available.**

Immediate access to new information is available on our Web site (see below) or by signing up on our DHSS Twitter page at [http://twitter.com/Alaska\\_DHSS](http://twitter.com/Alaska_DHSS)

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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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