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Media Update

COMMISSIONER'S OFFICE

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April 29 Media Update

Still no confirmed cases of swine flu in Alaska

- **How many cases of swine flu have been reported in Alaska?**

As of Wednesday, April 29 there are no confirmed cases of swine flu in Alaska.

The World Health Organization today raised the pandemic threat level to level 5 of 6. The DHSS Emergency Operation Center remains staffed from 8 a.m. to 5 p.m. weekdays to organize the medical response to this outbreak. Please see prior updates for additional background information.

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.

DHSS will update its Web site <http://www.pandemicflu.alaska.gov/> with state, national and international information about swine flu. This Web site is an ongoing Web site about preparing for pandemic influenza; it is NOT meant to be an announcement that the swine flu cases reported in multiple countries have risen to the level of being called a pandemic.

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