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Media Update

COMMISSIONER'S OFFICE

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April 30 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, April 30 there are 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.

- **How many courses of Tamiflu are available in Alaska?**

The state already has ~80,000 courses of antiviral medication on hand as part of our ongoing pandemic preparedness efforts. Ten-thousand additional courses have already been distributed to health-care facilities statewide. Approximately twenty-thousand courses are scheduled to arrive on Friday, May 1, for possible distribution to outlying areas. Antivirals are being pre-staged as part of the state's readiness response plan.

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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