



FOR IMMEDIATE RELEASE  
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## First H1N1 Influenza Case Appears in McLean County

BLOOMINGTON-McLean County has its first confirmed case of H1N1 influenza. A 55 year-old male tested positive earlier this week. He was not hospitalized but was prescribed antiviral medication and is recovering from mild symptoms. The McLean County Health Department communicable disease staff followed up with the individual to identify contacts he may have had. Prior to his illness, he had a history of travel and exposure to individuals coming from various areas in the United States and abroad.

McLean County Health Department Director Bob Keller assured residents that the health department remained prepared. "The arrival of H1N1 cases in McLean County was expected and the health department is ready to monitor it and respond appropriately. The novel virus will continue to spread but residents should not be alarmed. The national data so far tell us that the virus is easily transmittable but has not resulted in high numbers of hospitalizations or deaths. The public should be assured that the department has plans in place to control the impact of H1N1 locally if cases mount," Keller said.

Residents should go about life as usual and continue to practice the three Cs.

**Clean-** Wash your hands.

**Cover-** Cover your cough and sneeze with a tissue or upper part of your arm, *not* your hands.

**Contain-** Contain your germs. Stay home if you are sick and keep sick children at home as well. Stay away from others who are sick.

Symptoms of H1N1 flu are similar to regular human flu and include: fever, cough, sore throat, body aches, headache, chills and fatigue. Anyone experiencing symptoms should stay home, but contact their healthcare provider to see if they should come in for testing or treatment.

For more information, visit [www.mcleancountyil.gov/health](http://www.mcleancountyil.gov/health).

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