



510 W. Water St., Suite 130, Troy, OH 45373  
Phone: 937-440-8105  
Web: [www.miamicountyhealth.net](http://www.miamicountyhealth.net)  
Email: [mchd@miamicountyhealth.net](mailto:mchd@miamicountyhealth.net)  
Twitter: [www.twitter.com/miamicountyhd](http://www.twitter.com/miamicountyhd)  
Facebook: [www.facebook.com/miamicountyhealth](http://www.facebook.com/miamicountyhealth)  
YouTube: [www.youtube.com/miamicountyhealth](http://www.youtube.com/miamicountyhealth)

## Public Information Release

Jim Luken | [jluken@miamicountyhealth.net](mailto:jluken@miamicountyhealth.net) | 937-440-5418  
Chris Cook | [ccook@miamicountyhealth.net](mailto:ccook@miamicountyhealth.net) | 937-440-5455

### H1N1 Swine Flu Update

September 30, 2009

There are cases of flu in Miami County. That's the easy part. "The hard part is trying to explain everything about the H1N1 swine flu without it sounding like a biology class," says Jim Luken, Miami County Health Commissioner. Luken says that they have received numerous calls about possible cases of the H1N1 swine flu from schools and the general public. According to Luken, one important detail is often left out. "Whether you call it H1N1 or swine or something else, it's still the flu – something that's been around for a very long time."

Doctors' offices and hospitals use a "rapid influenza A test" to see if someone has the flu. But this test does not reveal if it is seasonal flu or H1N1 swine flu. The only time that specific H1N1 swine flu testing is done is when people are admitted and stay in the hospital. "Frankly, the type of flu doesn't matter all that much like it did in the spring," Luken said. "When it comes down to it, the difference between the seasonal flu and the H1N1 swine flu is who tends to be affected. The seasonal flu tends to hit older people harder, the H1N1 swine flu tends to hit younger people harder. They have the same symptoms and the same treatment."

Symptoms of the flu include feeling feverish, headache, sore throat, body aches, tiredness, runny nose, cough, and sometimes vomiting and diarrhea. If you think these symptoms sound a lot like a common cold, you are right. But the flu usually comes on suddenly instead of like a cold that usually comes on gradually.

But what do you do if you think you have the flu? Chris Cook, Emergency Preparedness Coordinator at the Health District, says that the advice they give is the same your doctor would give. "If you have a mild case of the flu, you are better off getting well at home instead of going to a crowded doctor's office or hospital," Cook says. "If you go when you're not that sick, you'll end up waiting in long lines, hanging around lots of sick people, and possibly picking up something worse. You might even walk right out the door with nothing other than the advice of drinking fluids and resting – the same kind of advice I would get from my mother."

People should watch out for serious symptoms of the flu as well. Contact your doctor if you have any of these symptoms: trouble breathing, sudden dizziness, confusion, not drinking enough fluids, severe vomiting, pain or pressure in the chest, or if your symptoms improve but then return with fever or cough. "If you get these symptoms, this is the time to see a doctor," Cook said.

For more information about the seasonal flu or the H1N1 swine flu, visit the Health District's website at [www.miamicountyhealth.net](http://www.miamicountyhealth.net) or call 937-440-8105.