



## EMERGENCY NEWS RELEASE

### UMATILLA COUNTY HEALTH DEPARTMENT

200 SE Third, Pendleton, Oregon

#### Immediate Release

**Date: April 29, 2009**

**Time: 2:41p.m.**

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#### Swine Influenza Update

Pendleton, Ore. – The CDC is reporting of 91 cases of swine flu in the United States as of today. At this time 10 states are reporting confirmed cases and in Texas the first death from swine flu was reported in a 22 month old child from Mexico. Currently there are no confirmed cases in either Washington or Oregon.

“We are continuing to advise the public to follow the CDC recommendations to protect themselves and others.” stated Genni Lehnert, Umatilla County Public Health Administrator. These measures include:

1. Washing your hands often with soap and water, especially after coughing or sneezing.
2. Cover your mouth and nose with a tissue or shirt sleeve, not your hand, when coughing or sneezing and discard tissue immediately in a waste container.
3. Avoid touching your eyes, nose or mouth. This will help prevent the spread of germs.
4. Avoid close contact with people who are ill.
5. If you are ill stay home and avoid exposing others to your illness. Do contact your doctor if you have any concerns.

The Oregon Department of Human Services has established a website and a hotline to provide additional information on the current situation and the above safety measures. The website address is [www.flu.oregon.gov](http://www.flu.oregon.gov) and the hotline number is 1-800-978-3040. The hotline will be open from 8 a.m. to 5 p.m. daily and there will be a Spanish speaker available for those needing that service.

The CDC is currently recommending that people avoid non-essential travel to Mexico. People who must travel to Mexico should check the CDC website at <http://www.cdc.gov/travel/contnetSwineFluMexico.aspx> for precautionary recommendations.

For more information, you can visit the CDC website [www.cdc.gov](http://www.cdc.gov)

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