



## MEDIA RELEASE

### UMATILLA COUNTY HEALTH DEPARTMENT

200 SE Third, Pendleton, Oregon

#### Immediate Release

**Date: May 6, 2009**

**Time: 12:15 p.m.**

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Sharon Waldern, Nursing Supervisor  
Sherena Clements, Emergency Preparedness Coordinator

### Public Health Officials See Rising H1N1 Case in Oregon

Pendleton, Ore. – Umatilla County Health Department has no additional cases of H1N1 in Umatilla County. “We continue to monitor this situation and want residents to protect themselves from the influenza viruses.” stated Genni Lehnert, Umatilla County Public Health Administrator.

Within the State of Oregon there are 45 confirmed cases of H1N1. Of the tested samples sent to the State Lab in Hillsboro, 38% have been H1N1 while an overwhelming 62% have been the typical seasonal flu.

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. Umatilla County Public Health stresses these simple actions can stop germs and prevent illnesses.

1. Protect yourself and others by washing your hands often;
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. If you are ill stay home and avoid exposing others to your illness. Do contact your doctor if you have any concerns.

Sherena Clements, Umatilla County Emergency Preparedness Coordinator says “There are several reliable sources to gather updated and correct information about H1N1.”

CDC website	<a href="http://www.cdc.gov">www.cdc.gov</a>
State of Oregon	<a href="http://www.oregon.flu.gov">www.oregon.flu.gov</a>
Oregon State Flu Hotline	1-800-978-3040
Oregon State Flu e-mail	flu.help@state.or.us

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