



Yavapai County Community Health Services

Our Mission: "Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents."



Public Health
Prevent. Promote. Protect.

MEDIA RELEASE

For Immediate Release
Monday, September 28, 2009

*Contact Information: Public Information Officer Leslie Horton – (928) 442-5570
Alternate Contact: Terri Farneti-- (928)442-5596*

Yavapai County Confirms First Swine Flu/H1N1 Death

Arizona State Lab officials confirmed Yavapai County's first death related to the H1N1 virus. Yavapai County Community Health Services (YCCHS) has received information that the infected middle-aged male who died Sunday had several underlying health conditions.

Most children and adults with H1N1, who are generally in good health, will recover without needing to visit a doctor. Some people may want to call their health care provider for advice on how to care for the flu at home. People at high risk for illness should contact doctors if they suspect they have flu-like symptoms.

"The staff of YCCHS expresses its concern and sympathy for the family of this man whose life was claimed," said Robert Resendes, Yavapai County Health Officer.

Resendes added that, "YCCHS would like to remind people to take precautions in order to stay healthy."

Throughout this flu season, people must remember that washing hands with soap and water or using an alcohol-based hand sanitizer, covering coughs and staying away from work and school when sick with flu-like symptoms are easy steps in preventing outbreaks of flu.

Symptoms of H1N1 Influenza include fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting, as well. If you are experiencing flu-like symptoms, you may not necessarily need to go to the doctor or emergency room. If you feel your



Yavapai County Community Health Services

Our Mission: "Yavapai County Community Health Services will provide leadership, information, and services that contribute to improving the health and well-being of Yavapai County residents."



Public Health
Prevent. Promote. Protect.

symptoms are severe or if you are unsure, call your doctor before you go. The best thing to do if you are otherwise healthy is to stay home, rest, drinks lots of fluids, take acetaminophen (Tylenol) for fever and aches, and not be around others who could catch the flu from you.

- ### -