

June 5, 2009
Press Release
Mt Olive Township Health Department
Contact: Frank Wilpert, Health Officer
973-691-0900 x7330 or 7353

Reports received back from the State Public Health Laboratory for Mt Olive Township confirms the first case of the H1N1 Influenza for this past week. "We have been following clusters of school aged children in the Township. Some of the cases have seasonal influenza and other diagnoses. Not all are H1N1," said Frank Wilpert, Health Officer. "It is important for residents to know that flu is circulating throughout N.J. and although having a new strain of influenza is a concern, this strain is similar to seasonal influenza and is being treated similarly."

H1N1 Influenza was first confirmed in Morris County the end of May, 2009. Since then 21 cases have been confirmed throughout the county. The NJ Department of Health and Senior Services has said that 50% of the influenza in the state is residual seasonal flu. Sampling of cases has been limited to hospital admissions and clusters, 2 or more unrelated persons in a school or work environment. This sampling was to determine community-wide spread. After 5 clusters were identified, sampling was suspended.

H1N1 symptoms, fever, cough and sore throat, are no more severe than a mild seasonal flu. If you have flu-like symptoms contact your health care provider for medical guidance. Seasonal and H1N1 influenzas have similar treatment. There are medications that a health care provider can prescribe to lessen the severity and duration of the illness.

If you have any underlying medical conditions, such as asthma, diabetes, heart conditions, please contact your health care provider when symptoms begin.

Flu spreads easily from person to person. Thorough and frequent hand washing and covering coughs and sneezes are the most effective actions to take to stay healthy. If you are sick with flu-like illness, please stay home for 7 days or 24 hours after symptoms end, which ever is longer.

For more information, call the Mount Olive Township health department or check for updates on the Mount Olive Township website, <http://www.mtolivetwp.org> the Morris County Office of Health Management, <http://www.morrishumanservices.org/health/> or the NJDHSS website <http://nj.gov/health/er/h1n1>