



NEWS RELEASE

St. Charles County Government

Department of Community Health and the Environment

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First H1N1 Swine Flu Case in St. Charles County

24-year-old man from O'Fallon undergoing treatment

St. Charles County, Missouri – The St. Charles County Department of Community Health and the Environment is confirming the first case of H1N1 swine flu in the county. The patient is a 24-year-old male from O'Fallon. The man was not hospitalized, and is currently being treated with antiviral medication. County health officials are conducting a disease investigation, as is routine in these cases. Due to privacy laws, further details, including names, will not be released.

St. Charles County residents are reminded to continue to practice good hygiene to avoid infection and limit the spread of the swine flu virus. This includes:

- Wash your hands frequently and thoroughly with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Try to avoid close contact with sick people.
- If you get sick with influenza, stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose, and mouth.

The signs and symptoms of swine flu are similar to those of regular seasonal flu and include high fever, cough, sore throat, body aches, headache, chills, and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. If you believe you are infected with swine flu, contact your health care provider immediately.

For continuing updates on the swine flu situation, please visit www.scchealth.org/swineflu or call (636) 949-7400.

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