



**Date:** May 1, 2009

**General questions:** Gene Evans, 503-269-7950

**H1N1 influenza update: 4 p.m., May 1, 2009**

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As of late Friday, Oregon had identified five probable cases of H1N1 influenza virus with additional specimens being tested at the Oregon State Public Health Laboratory in Hillsboro. State public health officials expect to know in the next few days whether any of the five cases are confirmed as H1N1.

"Our laboratory work continues and these numbers are likely to change," Mel Kohn, M.D., state public health officer in the Oregon Department of Human Services, said earlier today. "As this virus becomes more widespread, there will be more transmission in Oregon."

Two of the five probable cases are in Multnomah County, with one each in Lane, Polk and Wallowa counties.

Kohn said mitigation guidelines have been issued for communities and schools, including recommendations to strongly consider dismissing students from schools with confirmed cases of the H1N1 influenza virus. Details can be found at [www.oregon.gov/DHS/ph/acd/flu/h1n1flu-mitigation.pdf](http://www.oregon.gov/DHS/ph/acd/flu/h1n1flu-mitigation.pdf) on the [www.flu.oregon.gov](http://www.flu.oregon.gov) Web site.

Other details:

- Public hotline: For more information about the H1N1 influenza virus, the public may call a toll-free public health hotline weekdays between 8 a.m. and 5 p.m., Pacific time: 1-800-978-3040.
- H1N1 testing: U.S. Centers for Disease Control and Prevention sent testing materials today to state testing laboratories, with those coming to Oregon expected to arrive over the weekend. By

Monday, Oregon expects to be able to test for the H1N1 influenza virus.

- Protections against the flu: Best protections against the H1N1 influenza virus are to wash your hands frequently, cover coughs and sneezes with tissue or sleeve (never your hand), and stay home if you are ill. Surgical masks can protect people's noses and mouths from droplets carrying the influenza virus; however, use of surgical masks is not being recommended at this stage of the disease.
- Antivirals: Oregonians are discouraged from stocking up on antivirals for which they have no immediate use.
- Pork not a disease source: People cannot catch H1N1 influenza virus, also known as swine flu, from eating pork.