

# PORTAGE COUNTY COMBINED GENERAL HEALTH DISTRICT Joint Release

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Portage County Health Dept.  
DuWayne Porter  
Health Commissioner  
330-296-9919

Kent City Health Dept.  
John Ferlito  
Health Commissioner  
330-678-8109

Ravenna City Health Dept.  
Lynette Blasiman  
Health Commissioner  
330-297-2163

Public Information Officer  
Sarah Hallsky, M.Ed. CHES

CDC confirms one case in Portage County  
Tuesday May 5, 2009

Today the Portage County Health Department received confirmation that the probable case is in fact the H1N1 flu virus. The 39 year old Portage County resident became sick immediately after returning from an area where there was a confirmed case of H1N1. She voluntarily stayed at home while she was sick. Epidemiological investigations conducted by the Portage County Health Department have identified that at this time, no household members became ill with the virus.

Common sense may be the best medicine. You should protect yourself from illness by:

- Washing hands frequently with soap and water or alcohol-based hand gel;
- Use soap and water and wash hands long enough to sing Happy Birthday twice. If you don't have soap and water, use alcohol-based hand cleaner.
- Staying away from people who are sick, if possible.
- Stay home if you are sick.

Stay home if you experience flu-like symptoms such as:

- Fever
- Extreme tiredness
- Sore throat
- Cough

Residents can get more information from:

- The Portage County Health Department InfoLine at 330-672-6601. The phone line is available Monday through Friday, from 12 noon to 6:00 p.m. Information is available via the web at <http://www.co.portage.oh.us/healthdepartment.htm>.
- The Ohio Department of Health toll-free number is 1-866-800-1404. The ODH information hotline is available Monday through Friday from 8:00 a.m. to 5:00 p.m.
- The Centers for Disease Control and Prevention offer a 24 hour hotline, 1-800-CDC-INFO (800-232-4636) TTY: (888) 232-6348. Also available via email- [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov).