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MEDIA NOTE: We are providing all the information about these individuals that we are legally allowed to disclose based on HIPAA regulations.

Second H1N1 (Swine) Flu death in a Sarasota County resident

Table of Human Cases of H1N1 (Swine) Flu Infection

	Confirmed Cases	Deaths
Sarasota County	11	2

The Sarasota County Health Department has received notification of a second H1N1 (Swine) Flu-related death. This death was in a 47 year old male resident. Health officials say that while most cases of H1N1 (Swine) Flu are mild, there are exceptions. "These deaths are tragic and a sobering reminder that influenza is serious, and can be fatal. Our staff continues to monitor this disease in our community, and reminds residents to take precautions to avoid the flu," said William Heymann, M.D., F.A.C.E.P., medical executive director for the Sarasota County Health Department.

People experiencing cough, fever of 100 degrees Fahrenheit or higher and sore throat, possibly along with diarrhea and vomiting, should contact their healthcare provider to discuss whether they need to be seen in their office, emergency department or stay home.

Those with respiratory illness should stay home, and away from work, day care or summer programs to avoid spreading infections, including influenza. Postpone travel plans if you or family members become ill. Health officials advise that you stay home for a week after symptoms begin or 24 hours after you are symptom-free whichever is longer.

Everyone is reminded to take these actions daily:

- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth.
- Wash hands often with soap and water or use alcohol-based hand cleaners to reduce the spread of respiratory illness.
- Cover your nose and mouth with a tissue when you cough or sneeze or use the inside of your elbow. Throw the tissue in the trash after you use it.

For more information, visit www.sarasotahealth.org. For flu information in Sarasota County, call the Flu Information Line at 941-861-2800 or visit a health kiosk at all libraries and Senior Friendship Centers throughout Sarasota County.

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