



# News Release

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**FOR IMMEDIATE RELEASE**

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## **Connecticut Department of Public Health Reports Probable Case of H1N1 Influenza in Stamford**

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**Stamford** – The Connecticut Department of Public Health (DPH) has reported a new probable case of H1N1 influenza (swine flu). The individual is a resident of Stamford who experienced mild symptoms, has not been hospitalized and has fully recovered from the illness. The Stamford Department of Health and Social Services and DPH are closely monitoring the situation and are awaiting confirmation from the Centers for Disease Control and Prevention (CDC).

The Director of Health is recommending that anyone who is feeling ill with flu-like symptoms (fever greater than 100°F or 37.8°C), sore throat, cough, stuffy nose, chills, headache and body ache) to stay home until fully recovered. To protect yourself and others follow these precautions:

- Wash hands frequently with soap and water for at least 20 seconds, especially after sneezing or coughing.
- When sneezing or coughing, cover your mouth and nose with a tissue or sleeve.
- Avoid close contact with individuals experiencing flu-like symptoms. Stay home from work, school, and public gatherings if you are sick.
- If severe symptoms develop, contact your medical provider.

The Stamford Department of Health and Social Services will keep you informed as new information becomes available. Up-to-date information will be posted on the City of Stamford Website at [www.CityofStamford.org](http://www.CityofStamford.org). Additional information can be found on the CDC website at [www.cdc.gov/H1N1flu](http://www.cdc.gov/H1N1flu), or the World Health Organization's website at [www.who.int](http://www.who.int).