



COLUMBIA  
COUNTY

**Health and Human Services  
2652 Murphy Rd**

608-742-9227  
FAX: 608-742-9700  
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E-MAIL: DHHS@co.columbia.wi.us  
WEBSITE: www.co.columbia.wi.us

Mailing Address: P.O. Box 136  
Portage, WI 53901-0136

**FOR IMMEDIATE RELEASE**

June 1, 2009

CONTACT: Susan Lorenz, Health Officer

**One Laboratory Confirmed Case of H1N1 (Swine Flu)  
Cambria –Friesland Elementary School Student**

Columbia County Health and Human Services has been alerted by the Wisconsin State Lab of Hygiene that a student who attends Cambria-Friesland Elementary School has a laboratory confirmed case of H1N1 (Swine Flu). As of June 1, 2009, there are a total of 66 laboratory confirmed cases of H1N1 (Swine Flu) in Columbia County.

School closure is not advised unless a large number of faculty or students are absent and their absence interferes with the school's ability to function. As of June 1<sup>st</sup>, the absenteeism rate for illness at Cambria-Friesland schools remains at a normal level.

The Cambria-Friesland School District continues to:

- Identify and exclude sick students and staff quickly,
- Educate symptomatic students and staff to stay home unless seeking medical care,
- Instruct staff and students on good cough and hand hygiene etiquette
- Coordinate with Columbia County Health and Human Services regarding absentee rates, symptoms of absentees, and recommendations for management of the outbreak.

Schools in Wisconsin have been instructed by Wisconsin Division of Public Health to exclude students and staff with fever and a cough or sore throat.

Any individuals with influenza-like illness (fever with a cough or sore throat) should stay home and not go into the community except to seek medical care for at least 7 days even if symptoms resolve sooner. Individuals who are still sick 7 days after they become ill should continue to stay home from work or school until at least 24 hours after symptoms have resolved.

Asymptomatic contacts of ill patients, including contacts of patients with probable or confirmed novel influenza (H1N1)/2009, are not restricted in their activities in the community. However, they should assess their own health frequently, and if they become ill, they should immediately be subject to the same restrictions as currently indicated for ill persons.



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PRESS RELEASE CONTINUED....

Ways to stay healthy and to protect yourself and those around you from getting the flu include:

- Wash your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective
- Stay home when sick or have flu symptoms.
- Stay away from people who are sick
- Cover nose and mouth with a tissue when coughing or sneezing.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Frequently wash common surface.
- Eat nutritious meals, get plenty of rest and do not smoke.

Additional information can be found at the Columbia County website at [www.co.columbia.wi.us](http://www.co.columbia.wi.us) or by calling the Columbia County Health and Human Services prerecorded H1N1 flu hotline message at 608-742-9735.

You may also call 2-1-1 for information on the H1N1 flu. 2-1-1 service will provide information on prevention and community resources. Your call to 2-1-1 is free and confidential, and is available throughout Wisconsin. 2-1-1 service is available 24 hours 7 days per week.

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