

Dear Neighbor:

With the flu season upon us, I would like to update you on the current status of Novel H1N1 Influenza Virus (initially called "Swine Flu"). As with any flu (influenza) virus, including seasonal flu, there is potential for transmission among individuals.

Public health officials believe that symptoms of H1N1 flu appear 1 - 7 days after exposure. The symptoms of H1N1 flu in people are similar to the symptoms of seasonal flu. While most of the Novel H1N1 flu cases have been mild, severe illness has occurred from this new flu virus. If you or someone becomes ill and experiences the following warning signs, seek emergency medical care:

In children, symptoms that require emergency medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever or worse cough

In adults, symptoms that require emergency medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with a fever or worse cough

For questions and more information, the New York State Department of Health has set-up a H1N1 Flu Hotline at 1-800-808-1987 or you can visit the Center for Disease Control and Prevention web site at

<http://www.cdc.gov/h1n1>.

Sincerely,

Senator Joe Griffo