

Swine flu kills Punta Gorda woman

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HERE IS ANOTHER NEWS RELEASE FROM THE CHARLOTTE COUNTY HEALTH DEPARTMENT:

Charlotte County Health Department regrets to announce the first death of a person with confirmed H1N1 flu. At this time, cause of death has not been determined by the medical examiner's office. The deceased is a 46 year old female resident with chronic disease. "Our hearts go out to the family and friends for their loss, and we continue to encourage people to take precautions against flu-like illness by following proper hygiene practices" said Steven Mitnick, M.S., A.R.N.P, M.B.A, and Administrator of the Charlotte County Health Department.

While most cases of H1N1 flu are mild, there are exceptions. The Centers for Disease Control (CDC) has advised people with chronic pre-existing conditions to be especially vigilant to prevent against infection. The best way to reduce everyone's risk of contracting the H1N1 flu is to frequently wash your hands during the day, stay home if you are feeling ill, sneeze and cough into your sleeve and social distance (keep a distance of six feet).

If someone experiences mild flu-like symptoms, they should treat their symptoms with lots of fluids, bed rest and appropriate medications. However, if symptoms worsen, seek professional medical care.