



**MACON COUNTY  
EMERGENCY MANAGEMENT AGENCY**

**JOINT INFORMATION CENTER**

**282 E. MACON STREET  
DECATUR, IL 62523**

**JIC@MACONCOUNTYEMA.ORG**

**Jim Root**

Macon County EMA

**Thomas Schneider**

Macon County Sheriff's  
Office

**Brandi Binkley**

Macon County Health Dept.

**Dennis Crowley**

Macon County Mental  
Health Board

**Billy Tyus**

City of Decatur

**DC Ed Smith**

Decatur Police Department

**John Weibull**

Mid-Illinois Chapter of the  
American Red Cross

**Chad Clevenger**

United Way of Decatur &  
Mid-Illinois

**Julie Moore**

Decatur Memorial Hospital

**Kelly Hazenfield**

St. Mary's Hospital

**Tony Wilkins**

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**FOR IMMEDIATE RELEASE**

**Date: August 13, 2009**

**First Confirmed Case of H1N1 in Macon County**

*The Macon County Health Department urges the public to stay home when sick*

Decatur, IL- The first laboratory confirmed cases of Influenza A (H1N1) have been reported in Macon County. According to the Macon County Health Department, two individuals are being treated by local health care providers. These cases are unrelated. Precautions are being taken to prevent further spread through isolation measures. Information is also being gathered as to how the individuals contracted the illness, and with what populations these individuals have come into contact.

Influenza A (H1N1) is a respiratory illness caused by the Influenza A Virus and is transmitted person to person. Influenza A (H1N1), formerly known as swine flu, is not transmitted by eating pork or pork products. Symptoms are similar to seasonal flu and include:

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur

Like seasonal flu, H1N1 flu may cause a worsening of underlying chronic medical conditions.

If you experience some of these symptoms, call your primary health care provider. If you get sick, you should stay home from work or school and limit contact with others to prevent spread of infection. If you experience a fever, you should stay home for 24 hours after the fever has gone (without the need of fever reducing medications).

According to the Centers for Disease Control, there are several things you can do to stay healthy, including:

- Stay informed.
- Stay home if you get sick. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.

- Avoid touching your eyes, nose, and mouth. Germs spread that way.

Both hospitals and the Macon County Health Department are continuing to work together to address H1N1 flu. City and County officials will continue to monitor the situation and keep the public updated with the latest information. If you have any questions, you may also call the Macon County Health Department at (217) 423-6988.

For the latest information on human cases of Influenza A (H1N1) in the United States, click on the following link from Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/h1n1/> or from the Illinois Department of Public Health at [www.idph.state.il.us/flu/h1n1\\_flu.htm](http://www.idph.state.il.us/flu/h1n1_flu.htm).

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For more information, please contact:

Brandi Binkley  
Director of Health Promotion  
Macon County Health Department  
Office: (217) 423-6988 extension 1114

Jim Root  
Coordinator  
Macon County Emergency Management Agency  
Office: (217) 424-1327

