

# DeKalb County Health Department

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**DATE:** October 23, 2009

**FROM:** Karen Grush, Public Health Administrator



**Public Health**  
Prevent. Promote. Protect.

## FOR IMMEDIATE RELEASE

The DeKalb County Health Department previously reported the 2009 H1N1-related death of a former Sandwich student. The student was the first H1N1-related death in DeKalb County.

“Based on the information available to us, the student had no known underlying health conditions prior to becoming ill,” according to Karen Grush, Public Health Administrator.

“The loss of any individual is difficult, and the loss of a young life is especially tragic. We extend our deepest sympathies to the family,” states Grush. “This is a difficult reminder to all of us that influenza can be a serious infection,” states Grush. “For most people, the flu continues to be a relatively mild illness; however, it is possible for individuals to become seriously ill.” Anyone concerned about their illness should consult their health care provider.

The best way to protect oneself is to get vaccinated once the vaccine becomes available. Eventually, there will be enough vaccine for every one who wants it. In the meantime, everyone should continue to take everyday actions to prevent getting and spreading the flu. The Health Department encourages everyone, everywhere to follow the 3Cs.

**CLEAN** – wash your hands frequently to prevent the spread of germs.

**COVER** – your cough and sneeze with a tissue or sleeve, not your hand.

**CONTAIN** – contain your germs. Stay home if you are sick.

Additional information on seasonal flu and the 2009 H1N1 flu is available at [www.dekalbcountyhealthdepartment.org](http://www.dekalbcountyhealthdepartment.org) or [www.ready.illinois.gov](http://www.ready.illinois.gov). The Illinois Department of Public Health has also set up hotlines at 866-848-2094 English; 866-241-2138 Spanish. The DeKalb County H1N1 flu hotlines are: 815-748-2410 English; 815-748-2425 Spanish.

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