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Press Release
Morris County Office of Health Management
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More Confirmed Cases of H1N1 in Morris County

Tests results confirming 3 more cases of H1N1 in Morris County were reported to the Morris County Office of Health Management by NJDHSS. “These are test results on students that were taken over a week ago. They are not new cases and they are part of the clusters seen in Madison and Dover,” said Pete Summers, Health Officer, Morris County Office of Health Management.

Influenza-like illness is being seen across the county. Some of it is attributed to residual seasonal influenza and some of it is the H1N1 Influenza. NJDHSS had changed its focus from individual cases to focusing on clusters of cases and severe cases (usually associated with hospitalization). This is being done to better understand how the virus is spreading and to monitor the disease to see if it is strengthening or weakening in the community.

Since many of the cases of influenza-like illness are in school age children, for parents there is much concern. Fortunately, the illness is still relatively mild and the majority of those who have been sick have recovered within 7 days at home. “Many look to the schools to close, but at this time, we do not see closing schools as an effective way to slow the spread of influenza now that it is circulating in the community. The most effective way to slow the spread of illness is having sick people stay home for 7 days after onset of illness, or 24 hours after symptoms disappear, whichever is longer,” said Pete Summers. It is also important for people to avoid public gatherings if they are sick, such as malls, movie theaters and other public places.

New Jersey is now reporting 189 confirmed cases statewide, with 82 probable cases waiting for test results. Morris County will continue to monitor hospital emergency room visits and admissions, as well as school absenteeism rates to track how the H1N1 is spreading in the community until we see signs of it declining.

If you have influenza-like symptoms, contact your health care provider for medical guidance, especially if you have underlying health conditions such as asthma, diabetes, and chronic heart conditions. Physicians can prescribe medications to lessen the severity and duration of the illness.

For well people it is important to continue with washing hands thoroughly and frequently and covering coughs and sneezes with a tissue.

For more information you can contact your municipal health department or visit Morris County Office of Health Management online at www.morrishealth.org.

