You are subscribed to updates from the Centers for Disease Control and Prevention (CDC).

Update on Situation

The ongoing outbreak of novel influenza A (H1N1) continues to expand in the United States. CDC expects that more cases, more hospitalizations and more deaths from this outbreak will occur over the coming days and weeks.

CDC continues to take aggressive action to respond to the expanding outbreak. CDC's response goals are to reduce spread and illness severity, and provide information to help health care providers, public health officials and the public address the challenges posed by this emergency.

CDC is issuing updated interim guidance daily in response to the rapidly evolving situation.

Antiviral Guidance

CDC has issued guidance for health care providers on the use of antiviral medications during the current outbreak. The priority use for influenza antiviral drugs is to treat severe influenza illness and people who are at high risk of serious influenza-related conditions.

School Guidance

At this time, CDC recommends the primary means to reduce spread of influenza in schools focus on early identification of ill students and staff, staying home when sick, and good cough etiquette and frequent hand washing. Decisions about school closure should be at the discretion of local authorities based on local considerations. (See the School Guidance.)

Increased Testing

CDC has developed a PCR diagnostic test kit to detect this novel H1N1 virus and has now distributed test kits to all 50 U.S. states, the District of Columbia, and Puerto Rico. The test kits are being shipped internationally as well. This will allow states and other countries to test for this new virus. This increase in testing capacity is likely to result in an increase in the number of reported confirmed cases in this country, which should provide a more accurate picture of the burden of disease in the United States.

U.S. Human Cases of H1N1 Flu Infection

As of 11 AM ET on May 8, 2009, CDC has confirmed 1639 human cases and 2 deaths in 1 state:

AL:4, AZ:131, CA:107, CO:25, CT:4, DE:39, FL:6, GA:3, HI:5, ID:1, IL:392, IN:29, IA:5, KS:12, **KY:3, LA:7, ME:4, MD:4, MA:83, MI:49, MN:1, MO:9, NE:4, NV:8, NH:3, NJ:7, NM:8, NY:174, NC:7, OH:6, OK:4, OR:15, PA:2, RI:7, SC:29, SD:1, TN:36, TX:93, UT:24, VA:14, WA:33, DC:1, WI:240.

For more information, see the **CDC H1N1 Flu website**.

International Human Cases of H1N1 Flu Infection

For information about the global situation, see the World Health Organization website.

What You Can Do to Stay Healthy

- **Stay informed.** This website will be updated regularly as information becomes available.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
    - 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, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
    - Avoid touching your eyes, nose or mouth. Germs spread that way.
    - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- Call 1-800-CDC-INFO for more information.

For more information on what you can to stay safe and healthy, check the **CDC H1N1 Flu website**.

Additional Updates on the CDC H1N1 Flu Website

To learn about other updates made to the CDC H1N1 Flu Website in the past 24 hours, please check the "What's New" page on the **CDC H1N1 Flu website**.

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