



Mendocino County Health and Human Services Agency
Healthy People, Healthy Communities

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Press Release

Date: May 11, 2009

FOR IMMEDIATE RELEASE

Contact: Dr. Marvin Trotter-Mendocino County Public Health Officer
Mendocino County Health and Human Services
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Public Health Update

Mendocino County currently has no confirmed or probable cases of H1N1. County health officials are continuing to monitor the situation.

Dr. Marvin Trotter makes the following recommendations for residents of Mendocino County:

Residents returning from travel to Mexico are advised to remain at home from work and/or school for a minimum of 3 days.

At the first sign of illness it is recommended that you remain at home from work and/or school and avoid public gatherings for a minimum of 3 days to prevent the spread of the illness.

Practice good hygiene, such as hand washing often and coughing or sneezing into a tissue rather than your hand.

For more information regarding H1N1 virus, please visit the Community Health Services website at

<http://www.co.mendocino.ca.us/ph/flu2009.htm>

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