



Mendocino County Health and Human Services Agency

Healthy People, Healthy Communities

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Press Release

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FOR IMMEDIATE RELEASE

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H1N1 Influenza Update

Last week the California Department of Public Health stated that the H1N1 influenza activity continues to cause mild to moderate illness through out the State. As of July 2nd, the State reported more than 2,000 cases, with 233 hospitalized and 23 deaths. The majority of the cases have mild to moderate illness with most patients recovering fully. H1N1 Influenza symptoms are similar to those of seasonal flu and include fever, cough, body aches, headache, chills and fatigue.

Mendocino County continues to report no positive cases. Dr. Marvin Trotter, County Public Health Officer wants to remind residents to take the following precautions to help reduce the spread of H1N1:

- ✓ Cover your coughs and sneezes with your elbows, sleeves, or with a tissue. Dispose of the tissue after each use. Coughing into hands can spread germs to others.
- ✓ Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- ✓ Avoid touching your eyes, nose and mouth, even after washing your hands.
- ✓ Avoid close contact with sick people.
- ✓ Stay home if you are sick.

If you have questions, please contact your physician, Community Health Services at 472-2700 or visit our website at www.co.mendocino.ca.us/ph for more information.