



Mendocino County Health and Human Services Agency

Healthy People, Healthy Communities

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Press Release

Date: 7/20/2009

FOR IMMEDIATE RELEASE

Contact: Dr. Marvin Trotter, Health Officer
Mendocino County Health and Human Services
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First Probable Novel Influenza H1N1 case in Mendocino County

Dr. Marvin Trotter, Health Officer, is reporting the first probable case of H1N1 influenza in a 25 year old Mendocino County resident. The patient has a mild illness of influenza like symptoms and is recovering without any treatment of antiviral therapy.

Dr. Trotter would like to remind persons the H1N1 influenza virus continues to cause mild illness and sometimes severe illness in persons worldwide. Influenza like symptoms are:

- fever (100° degrees)
- cough and or sore throat
- body aches
- diarrhea and/or vomiting

Children and adults with underlying medical conditions such as respiratory, cardiac, HIV, cancer, chronic steroid use or women who are pregnant may be at higher risk to become ill and have severe illness.

Infected persons are assumed to be contagious the day before symptom onset and through 7 days after onset of symptoms. If you experience any of these symptoms is it is recommended to contact your doctor, stay home from work, school and social gatherings for approximately seven (7) days.

It is unusual to see flu like illness during the summer. To decrease your chances of becoming ill it is recommended to cover your cough, wash your hands with soap and water, use alcohol based hand sanitizer when no hand washing source is available, get rest, reduce stress and eat healthy,

For further information please contact Mendocino Community Health Services at 1-800-734-7793 (within county use only) Monday – Thursday or visit the web site www.co.mendocino.ca.us/ph

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