

**Mendocino County Health and
Human Services Agency**

1120 South Dora St.
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707 472-2600

**Community Health
Communicable Disease Control**

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Ukiah, California 95482



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PRESS RELEASE

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FOR IMMEDIATE RELEASE

From: Craig McMillan, M.D. Mendocino County Health Officer
Stacey Cryer, Mendocino County HHSA Director

Influenza Illness in Mendocino County

Influenzas A (H1N1 2009), influenza A (H3) and influenza B are making the rounds in Mendocino County. Several people have been hospitalized with severe Influenza like symptoms. Two people with confirmed Influenza A (H1N1 2009) were admitted to the Intensive Care Unit at a local hospital, one of whom died due to underlying chronic medical conditions. The other hospitalized people are awaiting results as to what type of influenza-like illness they may have. Not everyone with influenza-like symptoms has tested positive for any of the three strains currently circulating in California.

Dr. McMillan and Stacey Cryer would like to remind the public that Influenza viruses generally cause mild to moderate illness. Children and adults with underlying medical conditions may be at higher risk to become ill and have severe illness:

- Asthma and other respiratory conditions
- Cardiac
- HIV
- Obesity
- Women who are pregnant

Influenza viruses are spread from person to person by respiratory droplet when an infected person coughs or sneezes. To decrease your chances of becoming ill or passing an illness to others:

- Cover your cough or sneeze
- Wash your hands with soap and water
- Use alcohol based hand sanitizer when hand washing sources are unavailable
- Stay home if you or your child is ill

Influenza vaccine for those 18 years and older is still available at many pharmacies throughout the county. Influenza vaccine for children 6 months to 18 years may still be available at your Primary Care Provider or by appointment at Mendocino County HHSA Community Health Services (Public Health) 707-472-2600 or 1-800-734-7793 (within county use only) Monday through Thursday.

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