



County of Santa Cruz

HEALTH SERVICES AGENCY

POST OFFICE BOX 962, 1080 EMELINE AVENUE SANTA CRUZ, CA 95061-0962

(831) 454-4000 FAX: (831) 454-4488 TDD: (831) 454-4123

PUBLIC HEALTH DIVISION

Press Release

For Immediate Release:

May 5, 2009

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H1N1 2009 (Swine Flu) Update for Santa Cruz County

Local Information

As of today, May 5th, 2009, NO cases of H1N1 2009 have been identified in Santa Cruz County. At this time, most cases in the United States continue to be mild to moderate.

- 130 specimens have been sent to the Santa Clara Public Health laboratory as of this morning. Confirmation of test results may take up to 7 days or longer due to the large number of samples that have been submitted for testing to the Santa Clara County regional testing site.
- Santa Cruz County Public Health continues activation of its Departmental Operations Center to coordinate its response to this public health threat, including enhanced surveillance, increased laboratory testing, and increased communication/guidance to health care providers and the public.

Seeking Medical Care

- People with mild illness should NOT go to emergency rooms, urgent care or hospitals for treatment.
- Keep Emergency Rooms and Hospitals free to treat serious illnesses.
- Please do not request antiviral medication for routine illnesses - providers will prescribe treatments based on symptoms and possible exposure. There is still regular seasonal flu in California, and these antivirals will not be effective with normal flu.
- If you have flu-like symptoms call your health care provider and let them know of any possible exposure. Wear a mask before you enter your provider's office. Your health care provider will make an assessment and decide if you need a test for Swine Flu. Laboratory testing will only be done with severe illness meeting acute respiratory illness with a fever $>102^{\circ}$ and hospitalized patients with pneumonia or influenza-like illness. In addition, the CDC will prioritize samples from healthcare workers, pregnant women, children under 2 years, and children and young adults with underlying medical conditions that place them at risk for complications for influenza.

Recommendations for Preventing the Flu (Fever and cough or sore throat)

- First and foremost--Stay home when you are sick (fever and cough or sore throat). This will prevent others from catching your illness. If you are sick, do not return to work or school until 1 or 2 days after symptoms end.
- Avoid close contact with others as much as possible (two arm lengths away.)
- Avoid close contact with people who are sick.
- Cover your mouth and nose when sneezing or coughing, and always wash your hands afterwards or use alcohol-based hand cleaners.
- Wash your hands frequently.
- Avoid touching your eyes, nose or mouth.



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Don't Give Aspirin to Children for Flu Symptoms

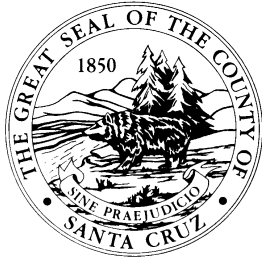
- Don't give children medication that contains aspirin (acetylsalicylic acid) because it can cause a rare but serious illness called Reye's syndrome.
- For relief of fever or other symptoms, give children medicines without aspirin, such as:
 - Acetaminophen (Tylenol®)
 - Ibuprofen (Advil®, Motrin®, Nuprin®)
 - Naproxen (Aleve®)

Additional Resources

For more information, please visit our frequently updated website at www.santacruzhealth.org/swineflu or www.cdc.gov. Residents may also call our information line at (831) 454-4343.

The California Department of Public Health (CDPH) has activated a toll-free swine flu hotline in English and Spanish. Assistance in other languages is also available. The phone number is 1-888-865-0564. CDPH's swine flu hotline is available Monday through Friday, from 7 a.m. to 6 p.m., and on weekends from 8 a.m. to 4 p.m.

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