



PUBLIC HEALTH DIVISION

County of Santa Cruz

HEALTH SERVICES AGENCY

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

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Press Release

For Immediate Release:

May 4, 2009

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H1N1 (Swine Flu) Update for Santa Cruz County

Local Information

As of today, May 4th, 2009, NO cases of H1N1 have been identified in Santa Cruz County. At this time, most cases in the United States continue to be mild.

- 107 specimens have been sent to the Santa Clara Public Health laboratory as of noon today. 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.

Recommendations for Preventing the Flu

- First and foremost--Stay home when you are sick. This will prevent others from catching your illness. Only seek medical care if you have the following symptoms: fever, lethargy, muscle pains, coughing and sore throat and have traveled to an affected area and/or have been exposed to a possibly infected person within the last 7 days.
- 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.
- Wash your hands frequently.
- Avoid touching your eyes, nose or mouth.



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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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