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First Confirmed Case of Novel H1N1 Influenza Identified in Stanislaus County

Stanislaus County – Stanislaus County Public Health officials have received confirmation from the State laboratory of a positive novel H1N1 case in the County. The affected county resident is a 22-year-old female who did not require hospitalization. The test results were provided to the Stanislaus County Public Health laboratory Friday afternoon.

“It is critically important for everyone to protect themselves and their families by practicing good hand hygiene,” said Dr. John Walker, County Public Health Officer. “This includes frequent hand washing, regular use of hand sanitizers, and covering coughs and sneezes with your sleeves or tissues. Coughing into your hands can spread germs to others. In addition, you should stay home when you are sick.”

The symptoms of H1N1 Influenza in humans are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting associated with H1N1 influenza.

Flu is generally spread by direct contact with germs from an infected person, from either uncovered coughs or sneezes or by touching something the infected person has handled.

For additional information on the H1N1 virus, please visit the County’s Web site at www.stanemergency.com.

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