



## HEALTH SERVICES AGENCY

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### Second Death from H1N1 Flu in Stanislaus County

**Stanislaus County** – Stanislaus County health officials announce that a 37-year-old male has died on August 10 from complications of the H1N1 (swine flu) virus, while hospitalized. His death is the second in Stanislaus County involving a person with the H1N1 virus. “We would like to convey our deepest sympathy to the family of this patient,” stated Dr. John Walker, County Health Officer. “We are grieved by this second death, and his death reminds us that the H1N1 virus is widespread and among us. Although this should not be cause for alarm, everyone should remain vigilant in helping to prevent the spread of H1N1.”

The vast majority of cases have mild or moderate illness, and most patients fully recover. “However,” Dr. Walker adds, “the tragic California H1N1 deaths this spring and summer reveal that we are still in the early stages of a global influenza pandemic, and we need to continue precautions to protect ourselves, our families, our co-workers, and our community.”

Effective July 16, the California Department of Public Health changed the reporting requirements for individual case reporting for H1N1 influenza by local health jurisdictions (Local Health Departments). New reporting requirements will track only hospitalized and fatal cases. Non-hospitalized case reporting is no longer needed at this stage of the pandemic. As of August 5 this year, there have been a total of 892 hospitalized cases and 92 deaths in California. In Stanislaus County, there have been 35 hospitalized cases.

There is currently no vaccine available to protect against the novel H1N1 virus. Vaccine is in production and should be available by late fall-early winter. It is important that county residents take the following precautions to help prevent the spread of the virus.

- Cover your coughs and sneezes with your elbows, sleeves, or with a tissue. Dispose of the tissue after each use. Coughing into hands can spread germs to others.
- Wash your hands often with soap and water or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth, even after washing your hands.
- Avoid close contact with sick people.
- Stay home and away from others if 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.

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If a person has these symptoms, here are some simple steps to follow:

- It is not necessary to be tested for the virus in most cases.
- Contact your healthcare provider by phone, especially if you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Ask your healthcare provider about medications that may help relieve the symptoms of the flu.
- Stay home and away from others until at least 24 hours after you are free of fever (100° F or 37.8°C), or signs of a fever without use of fever-reducing medications.
- Get plenty of rest and drink clear liquids.
- Avoid close contact with others.

For more information about the H1N1 virus, please visit the following websites:

- Stanislaus County website at [www.stanemergency.com](http://www.stanemergency.com)
- The Centers for Disease Control and Prevention at [www.cdc.gov](http://www.cdc.gov)
- The California Department of Public Health at [www.cdph.ca.gov](http://www.cdph.ca.gov)

Attached please also find a flyer in English and Spanish “H1N1 (Swine Flu) Taking Care of Yourself and Your Family”. This flyer will be available on the county’s website.

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# H1N1 (Swine Flu)

## Taking Care of Yourself and Your Family



The symptoms of novel H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with novel H1N1 flu virus also have reported diarrhea and vomiting. At this time the symptoms seem to be no more serious than the annual seasonal flu.

### If you or a family member has these symptoms, here are some simple steps to follow:

- It is not necessary to be tested for the virus in most cases.
- Contact your health care provider by phone especially if you are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.
- Ask your health care provider about medications that may help relieve the symptoms of the flu.
- Stay home and away from others until at least 24 hours after you are free of fever (100° F [37.8°C]), or signs of a fever without the use of fever-reducing medications.
- Get plenty of rest.
- Drink clear fluids (e.g. water, sports drinks, electrolyte beverages for infants) to prevent dehydration.
- Cover coughs and sneezes. Clean hands with soap and water or an alcohol-based hand rub often and especially after using tissues and after coughing or sneezing into hands.
- Avoid close contact with others – do not go to work or school while ill.
- Be watchful for emergency warning signs (see below) that might indicate you need to seek medical attention.

### If you become ill and experience any of the following warning signs, call your medical provider immediately or seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For more information consult your healthcare provider, or visit the Centers for Disease Control and Prevention website at [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

# H1N1 (Gripe Porcina)

## Cuidado para Usted y Su Familia



Los síntomas del virus de la gripe porcina H1N1 en personas son similares a los síntomas de la gripe temporal que incluye fiebre, tos, dolor de garganta, nariz tapada o suelta, dolores de cuerpo, escalofríos y cansancio. Un número significativo de personas que han sido infectadas con el virus de la gripe porcina H1N1 también han reportado diarrea y vómito. Al mismo tiempo los síntomas de la gripe porcina parecen ser más serios que los de la gripe temporal que tenemos cada año.

### Si usted o alguien en su familia tiene estos síntomas, favor de seguir estos pasos:

- En la mayoría de los casos no es necesario que le hagan una prueba para detectar el virus.
- Contacte a su proveedor de cuidado médico por teléfono, especialmente si está embarazada o tiene una condición médica como el diabetes, enfermedad del corazón, asma, o enfisema.
- Pregúntele a su doctor sobre los medicamentos que pueden ayudarle a aliviar los síntomas de la gripe.
- Quédese en casa y lejos de otras personas por lo menos 24 horas después de que se le haya quitado la fiebre (100°F [37.8°C]), o los síntomas de fiebre sin el uso de medicamentos para reducirla.
- Descanse plenamente.
- Tome líquidos claros (Ej. Agua, bebidas deportivas con electrolitos, y suero para niños) para prevenir la deshidratación.
- Cubra su tos y sus estornudos. Lávese las manos con agua y jabón o use gel de alcohol para frotar especialmente después de sonarse, toser, o estornudar en sus manos.
- Evite el contacto cercano con otros – no vaya al trabajo o a la escuela mientras esté enfermo.
- Esté atento a las señales de emergencia (vea abajo) que pudieran indicar que necesita recibir atención médica.

### Si se enferma y experimenta cualquiera de las siguientes señales de peligro, por favor llame a su proveedor de salud inmediatamente o busque cuidado médico de emergencia.

En los niños, las señales de emergencia que necesitan atención médica urgentemente son:

- Respiración rápida o problemas al respirar
- Palidez en la piel – color morado o gris
- No está tomando suficientes líquidos
- Vómito severo o persistente
- No se levanta o no interactúa con los demás
- Irritabilidad al punto que el niño no quiere estar en brazos
- Los síntomas de la gripe mejoran pero después regresan con fiebre y tos fuerte

En los adultos, las señales de emergencia que necesitan atención médica urgentemente son:

- Dificultad al respirar o falta de aire cuando respira
- Dolor o presión en el pecho y el abdomen
- Mareos espontáneos
- Confusión
- Vómito severo o persistente
- Los síntomas de la gripe mejoran pero después regresan con fiebre y tos fuerte

Para mayor información consulte a su proveedor de cuidado de salud, o visite la página de Internet del Centro Para El Control y Prevención De Enfermedades al [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)