

**April 28, 2009: San Joaquin County Public Health Services**

**General Public Information for 2009 Swine Influenza Outbreak**

This information is regarding the current Swine Influenza outbreak in California. San Joaquin County has **no confirmed or suspect human cases** of swine influenza at this time. ***Masks are not recommended for the general public at this time.***

A virus that normally affects pigs causes swine influenza. In some cases, the virus mutates or changes and infects humans as well.

The symptoms of swine influenza in people are similar to the symptoms of regular seasonal influenza, such as fever, cough, sore throat, and body aches.

Influenza viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Touching something with influenza viruses and then touching your mouth or nose may sometimes infect people.

If you have travelled to Mexico during the past seven days, or you have had contact with someone who has travelled to or from Mexico, and have had a fever greater than 100 degrees Fahrenheit (37.8 degrees Centigrade) and either a cough or sore throat, please call your healthcare provider for instructions.

*There are common-sense steps everyone can take right now, including:*

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough, or sneeze into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick with influenza, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth. Germs spread this way.

For additional information on the Swine Influenza virus, call 209.469.8200 or visit the Centers for Disease Control and Prevention website at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu). Information is also available at [www.bepreparedcalifornia.gov](http://www.bepreparedcalifornia.gov), or through your local Public Health Services website at [www.sjcphs.org](http://www.sjcphs.org).

## **HEALTH ALERT**

### **SWINE FLU FACT SHEET:**

Human cases of swine flu have been identified in the United States. Officials are working very closely with the Center for Disease Control to create ongoing investigation to identify and control any wide spread outbreaks in this country. This situation is rapidly evolving and the public will be kept updated to new developments as they occur. Your school is working closely with the San Joaquin Public Health Department and this is where we will receive any special health advisories.

Laboratory tests have determined that this strain of Swine flu is susceptible to antiviral drugs that are available to people showing symptoms of flu. **It is important to remember that most people recover from the flu without complications. People at most risk are the elderly or very young.** There are everyday actions that people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

#### **Try to avoid close contact with sick people:**

- Influenza is thought to be spread mainly person-to-person through coughing or sneezing of infected people.
- If you or your child gets sick, especially with flu-like symptoms, CDC recommends that you stay home from work or school and avoid contact with others to keep from infecting them.

Your school will be updated regularly and should be able to provide the most current information from the CDC and state officials. Please do not panic as it may affect your children and those around you. There may be nothing to worry about, and if this Swine Flu does prove to be widespread, our public health officer will inform us of necessary actions.

## **ALERTA DE SALUD**

### **DATOS DEL GRIPE PORCINA:**

Casos de la gripe Porcina han sido identificados en los Estados Unidos. No se han confirmado casos en nuestro condado. Esta situación se esta desarrollando rápidamente y se le informará al público sobre nuevos informes conforme se nos comunicó. Su escuela esta trabajando unida con el Departamento de Salud Publica del Condado de San Joaquín a donde mandan los avisos de precaución tocante su salud.

**Es muy importante recordar que la mayoría de las personas se recupera de la influenza sin complicaciones. La gente que corre mas riesgo son la gente mayor, los niños pequeños, o personas con condiciones crónicas de salud.** Hay varias acciones que se pueden seguir para mantenerse saludables como:

- Cubrir la nariz o boca con un kleenex al toser o estornudar. Después tirar el pañuelo.
- Lavarse las manos constantemente con agua y jabón especialmente después de estornudar o toser. Gels para desinfectar las manos que contienen alcohol también se pueden utilizar.
- Evite tocar sus ojos, nariz o boca para prevenir el traslado o paso de los gérmenes.

### **Evite el contacto directo con personas que ya estén enfermas debido a que:**

- La influenza se transmite de persona a persona cuando la persona infectada tose o estornuda.
- Si usted o su hijo(a) se enferma, el CDC (centro de control de enfermedades) recomienda que se quede o queden en casa (no ir a la escuela o al trabajo) para limitar el contagio a otras personas.

La escuela recibirá regularmente nueva información por parte de CDC (Centro de Control de Enfermedad) y oficiales del estado. Al recibir mas información por parte del CDC les informará de inmediato.

Para mas información entre a la pagina de Internet al CDC website: **[www.cdc.gov/flu/swine](http://www.cdc.gov/flu/swine)**