



# COUNTY OF YOLO

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**FOR IMMEDIATE RELEASE**  
January 31, 2020

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## **Influenza is the Highest Respiratory Illness Risk in Yolo County**

(Woodland, CA) - Yolo County Public Health officials continue to monitor the spread of influenza viruses in the community. The California Department of Public Health (CDPH) reports that influenza (flu) activity levels have increased over the past several weeks with clinic visits for flu at higher than expected levels.

The flu is a contagious respiratory illness caused by the influenza viruses and can vary from mild to severe illness. Symptoms generally include a high fever, headache, chills, body aches, sore throat, and cough. Some individuals, such as older people, young children, and people with certain chronic health conditions, are at higher risk for serious flu complications.

The 2019-20 flu season has been complicated by the emergence of a novel coronavirus that is causing respiratory illness primarily in China but has been reported in other countries, including the United States.

Coronaviruses are a large family of viruses, which cause respiratory illnesses. The common corona viruses that circulate in humans cause symptoms of the common cold: fever, cough, sneezing, and a runny nose. The novel coronavirus circulating in China is one that has not been identified before but is causing many of the same symptoms. Although there have been six confirmed cases of this new virus in four states, including California, no cases have been confirmed in Yolo County.

“Flu remains the highest risk for respiratory illness in our community,” says Yolo County’s Deputy Health Officer Dr. Mary Ann Limbos.

The flu vaccine can help prevent the flu or drastically reduce the length and severity of the illness. In addition, residents can take these simple steps to prevent the spread of any respiratory virus, including the flu:

- Frequent handwashing with soap
- Staying at home if you are ill
- Avoiding touching your eyes, nose and mouth, and covering sneezes with a tissue
- Avoiding close contact with sick people

- Individuals with chronic health issues should talk to their doctor about additional ways to prevent infection

Additional information regarding the novel coronavirus can be found on the Centers for Disease Control and Prevention's (CDC) website at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or on the CDPH's website at: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>.

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