



County of Yolo

HEALTH DEPARTMENT

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Swine Flu Update in Yolo County

Woodland, CA—The swine flu situation continues to change in these early stages of the outbreak. People are concerned about swine flu, and we share that concern. The Yolo County Health Department is working with hospitals, physicians, schools, and others to conduct active surveillance and provide guidance.

Currently there are eight confirmed cases of swine flu in California. Four are in San Diego County, three in Imperial, and one in Sacramento. There are no confirmed or suspected cases of swine flu in Yolo County at this time.

With the growing concern about this situation, the Health Department is taking the following actions. We are increasing active surveillance by working with infection control staff at hospitals and doctors offices to identify potential cases, and we are working with the schools to help identify why students may be absent. The Public Health Laboratory is accepting specimens and processing them. We will continue to share information with members of the news media and the public.

“The public can help us stop the spread of influenza and other diseases,” states Dr. Joseph Iser, Yolo County Health Officer/Director. “The old adage about washing your hands and staying home when you’re sick are two key factors in stopping the spread of disease.”

To help stop the spread of disease,

- *Wash your hands.*
Washing your hands often will help protect you from germs and stop the spread of germs.
- *Avoid touching your eyes, nose, or mouth.*
Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth, which allows the germ to enter your body.
- *Avoid close contact.*
Avoid close contact with people (or pigs) who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- *Stay home when you are sick.*
If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

- *Cover your mouth and nose.*

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent others around you from getting sick. Another option is to sneeze or cough into your sleeve, rather than your hand.

“It is important for each person to have a plan if they or their child gets sick and needs to stay home,” adds Dr. Iser. “While home, it is important to avoid contact with others to prevent spreading the disease; this means avoiding play dates or other activities.”

For more information about swine flu, go to www.yolohealth.org and click on the What’s New link, or visit the CDC website at www.cdc.gov/swineflu

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