



# County of Yolo

## HEALTH DEPARTMENT

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**Director – Health Officer**

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Date: May 29, 2009  
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### **Yolo County Health Officer Announces First Confirmed Case of H1N1 Influenza**

[Woodland, CA] – Yolo County Health Officer Dr. Joseph Iser today urged all local residents to continue to take common sense steps to protect themselves from H1N1 flu following confirmation that a Yolo County resident has tested positive with the disease. The individual is an adult who lives in Davis, and is now recovered. Health Department staff are continuing to investigate the details of the case. No other probable cases in Yolo County have been identified at this time. Although cases identified in the United States to date have been mostly mild, public health officials continue to monitor for more serious illnesses, and recommend that people take basic hygiene precautions to stop the spread of disease.

“It is critically important for everyone to protect themselves and their families by practicing good hand and respiratory hygiene,” said Dr. Iser. “This includes frequent hand washing, regular use of hand sanitizers, and covering coughs and sneezes with tissues. In addition, you should stay home when you are sick.”

The symptoms of H1N1 flu 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 flu.

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. People experiencing flu-like symptoms should call their health care provider for advice on whether to stay home or seek professional care.

Nationwide, influenza like illness is trending downward. However, it is possible that localized outbreaks may continue to occur over the summer. “The real uncertainty is how this novel virus will affect our flu season starting this fall,” adds Dr. Iser. “Our department will be monitoring the status of the virus as we prepare for the seasonal flu.”

For more information about H1N1 influenza, go to: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu), call the CDC hot line at 1-800-232-4636, or call the California state warm line at 1-888-865-0564 Monday-Friday 8:00 a.m. to 5:00 p.m.

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