



COUNTY OF SAN DIEGO

## NEWS RELEASE

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### H1N1 INFLUENZA WEEKLY UPDATE

A 64-year-old male with underlying medical conditions has become the 22<sup>nd</sup> death associated with H1N1 influenza in San Diego County. This total matches the previous high of 22 influenza-related deaths from the 2003-04 regular flu season. There have also been three non-resident deaths associated with the H1N1 influenza virus in San Diego County.

The County of San Diego Health and Human Services Agency (HHS) also reports 274 hospitalized cases of pandemic H1N1 Influenza to date.

“The H1N1 influenza virus has been in our community since April, but now we’re approaching the regular flu season and we need the community’s help in protecting individuals from influenza,” said Dr. Wilma Wooten, M.D., M.P.H., San Diego County Health Officer. “The single most important action a person can take to protect against getting both types of influenza is to get their flu shots.

“The regular seasonal flu shot is available now and the H1N1 vaccine is expected to be available in October.”

The general public is encouraged to stay home from work or school if you have influenza-like illness or symptoms similar to the seasonal flu which include fever, cough, sore throat, body aches, headache, chills and fatigue. It is recommended that you stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

“People should also continue to wash their hands thoroughly and often or use hand sanitizers, and cover their coughs and sneezes,” added Wooten.

Individuals with underlying medical conditions experiencing influenza-like illness or symptoms should contact their primary care physician in a timely manner.

For additional information on pandemic H1N1 influenza visit [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov) or [www.cdc.gov](http://www.cdc.gov) or call 2-1-1 San Diego.

For updates, please follow the County of San Diego Health and Human Services Agency by clicking below on Twitter, Facebook and YouTube.

