

Countywide Services Agency

Department of  
Health and Human Services

Division of Public Health

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For Immediate Release

### Sacramento Region H1N1 Update

(Sacramento, CA) – Cases of H1N1 flu are being reported in all 50 states, and the Sacramento area is no exception. The U.S. Centers for Disease Control (CDC) reports that, nationwide, higher levels of influenza-like illness are being seen than is normal for this time of year.

In light of that, Sacramento County Health Officer Glennah Trochet, M.D. reminds residents to take the same precautions they normally would with any respiratory illness. “We urge anyone who is experiencing a fever and flu-like symptoms to stay home from work or school until their fever is gone and they feel better,” said Dr. Trochet. “Covering your cough and washing your hands frequently are also important prevention steps to keep from spreading or getting the flu.”

Public Health will continue to investigate disease outbreaks of all types as it normally does. But Trochet says that while cases of H1N1 flu are being reported in some schools, closing schools may not be necessary. Likewise, if an employee in the workplace comes down with the flu, there is no greater need than with seasonal flu to make workforce notifications or conduct additional office disinfecting procedures beyond normal routine maintenance.

“At the beginning of the H1N1 outbreak, health officials were exercising extreme caution since H1N1 was brand new and no one knew how bad the virus was,” said Trochet. “But now that we understand that it is at least as mild as seasonal flu, the closures and notifications that were initially implemented are no longer required,” she said. Trochet cautioned that flu can still be a serious illness. Approximately 36,000 people die every year in the U.S. from seasonal flu, and there have also been a number of deaths around the nation reported from H1N1 flu.

General information about H1N1 flu is available on the Public Health web site at <http://www.SCPH.com>. Citizens can also sign up to receive Twitter updates from SacPublicHealth on our home page.

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