



Plumas County Public Health Agency

270 County Hospital Road, Quincy, California 95971

Mimi Hall, MPH, CHES, Director

<input type="checkbox"/> Administration & Health Education Suite 206 Quincy, CA 95971 (530) 283-6337 (530) 283-6425 Fax	<input type="checkbox"/> Clinic & Nursing Services Suite 111 Quincy, CA 95971 (530) 283-6330 (530) 283-6110 Fax	<input type="checkbox"/> Senior Nutrition & Transportation Suite 206 Quincy, CA 95971 (530) 283-3546 (530) 283-6425 Fax	<input type="checkbox"/> Environmental Health Quincy Office Suite 127 Quincy, CA 95971 (530) 283-6355 (530) 283-6241 Fax	<input type="checkbox"/> Environmental Health - Chester 222 First Avenue Post Office Box 1194 Chester, CA 96020 (530) 258-2536 (530) 258-2844 Fax
--	--	--	--	---

Plumas County Swine Flu Information

What you should do if you think you are sick

- If you are sick, it does not mean you have the swine flu virus. We still have colds, seasonal allergies, and seasonal flu in the community and other types of illnesses. If you are not sick, it is really unlikely that you have swine flu.
- If you have a fever of 100°F or higher and chills, body aches, cough, sore throat, trouble breathing, vomiting or diarrhea, please call your doctor or medical provider. Your doctor may have you come in for an appointment and test you for influenza. He or she will decide whether influenza antiviral medicine is needed to help you get better sooner. Do not go directly to the local lab or public health department for testing. You must see a doctor or medical provider.
- If you're sick - stay home from work or school. It is important to limit contact with other people, so you don't spread germs to others.
- If you have flu symptoms and need to go to a medical appointment, use a surgical mask or cover your mouth and nose with a tissue when you sneeze or cough, and throw the tissue in the trash afterward.
- If you are feeling sick and you don't have a fever, it's best to stay home from work or school, get plenty of rest and drink plenty of fluids. If your symptoms get worse, call your physician or medical provider.

Plumas County Health Officer Dr. Valeska Armisen advises residents to monitor news reports and check the Plumas County Web site at www.countyofplumas.com. Recommendations may change as we closely follow the local situation. Reliable information is available at www.cdc.gov/swineflu (in Spanish at www.cdc.gov/swineflu/espanol), www.cdph.ca.gov, or www.redcross.org. You may also call the Centers for Disease Control at 1-800-CDC-INFO or a Plumas County public health nurse at the health department at 283-6330 or 800-801-6330. If you have further concerns or need medical attention, please call your health care provider.