



Plumas County Public Health Agency

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HEALTH UPDATE

First Laboratory Confirmed Case of H1N1 (Swine Flu) in Plumas County July 1, 2009

Contact: Mimi Hall, Public Health Director (530-283-6330)

Plumas County Public Health Agency received confirmation from the Sacramento County Public Health Lab of positive test results for the H1N1 (Swine Flu) novel influenza virus. Local Health Officer Dr. Valeska Armisen urges all Plumas County residents to take precautions to prevent spread of flu. Despite the end of regular flu season, flu persists in California and H1N1 is now the predominant circulating virus.

Although this is the first laboratory confirmed cases of H1N1 novel influenza virus in Plumas County, reported cases may not reflect actual cases. Laboratory testing is limited to individuals with serious illness, including hospitalized patients, and those at high risk for complications. Many cases go undetected due to the mild nature of disease. California hospital admissions and emergency room visits due to the flu remain higher than what is normally seen this time of year and also higher than what is typically seen during the traditional flu season.

While there have been 142 hospitalizations and 17 deaths from the virus in California, for most people who contract the virus the symptoms have been mild and similar to those of seasonal flu. Preliminary information from local health officials indicate that 10 of the 17 Californians who have died had pre-existing health conditions including chronic respiratory conditions like asthma and emphysema. Another common factor appears to be obesity and morbid obesity.

“It is critically important for everyone to protect themselves and their families by practicing good hand and respiratory hygiene,” said Dr. Valeska Armisen, Plumas County Health Officer. “This includes frequent hand washing, regular use of hand sanitizers, covering coughs and sneezes (but in a tissue or sleeve, not your hand, and staying home when sick.” The symptoms of H1N1 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.

While public health activities related to influenza typically decrease this time of year, Plumas County Public Health Agency is taking action to continue monitoring the flu and to prepare for the possibility of a severe flu season this fall, including:

- Continuing to stay informed on H1N1 surveillance and reporting information at the regional and state level to be aware of any emerging trends, prepare for new developments and adjust the local response as necessary.
- Working with the California Department of Public Health and the federal Centers for Disease Control and Prevention (CDC) to plan for a possible mass vaccination program in California this fall, if it becomes necessary.
- Participating in weekly conference calls with California Department of Public Health to share information and address any ongoing H1N1 challenges.

In addition, officials from CDC have developed guidance for preventing and managing the novel H1N1 influenza in the [workplace](#), when [traveling](#), at [summer camps](#) and when [pregnant](#).

More information is available at the [CDPH Web site](#), www.cdph.ca.gov, and that of the [Centers for Disease Control and Prevention](#) www.cdc.gov/h1n1flu. CDPH also has a telephone hotline: 1-888-865-0564. You may also call Plumas County Public Health Agency at 283-6330 or 888-8001-6330 and ask to speak with the Nurse of the Day.