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**For Immediate Release**

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## **NOVEL INFLUENZA A (H1N1) CONTINUES TO BE DETECTED IN BUTTE COUNTY**

BUTTE COUNTY, Calif. — Butte County Public Health Department (BCPHD) continues to monitor and test for the novel influenza A (H1N1) virus. Statewide and locally, the number of cases is steadily increasing. As of 6/25/09, 68 Butte County residents have been tested for novel H1N1 infection. Five persons have tested positive; results are pending on 17 patients. The five confirmed cases include two middle-aged persons, two young adults, and one child. Four were outpatients, and one was hospitalized with underlying conditions. Three have recovered and two are still recovering.

Butte County Health Officer Mark Lundberg, M.D. stated that most local cases have been typical of the milder influenza symptoms that are being generally seen with this infection. The symptoms of novel H1N1 influenza are similar to the symptoms of regular seasonal influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting associated with the novel H1N1 influenza.

The public should keep in mind that some people are at higher risk for serious complications of the flu (both novel H1N1 flu and seasonal flu). People at higher risk for complications include:

- Children younger than 5 years old
- Adults 65 years of age and older
- Patients with chronic medical conditions, such as asthma, diabetes, and heart disease
- Those with obesity (may be at higher risk)
- Pregnant women
- Persons younger than 19 years of age who are receiving long-term aspirin therapy

If you fall into any of these higher risk categories, you should seek medical care if you become ill with an influenza-like illness.

The novel H1N1 flu continues to be found throughout the country. As of 6/25/09, California has 1294 confirmed cases and 225 probable cases of the novel H1N1 flu, with 8 deaths resulting. The U. S. as a whole has 24,449 cases, with 87 deaths.

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– 2

Lundberg urged Butte County residents to take common sense steps to protect themselves, and others in the community, from influenza. “The take home message,” says Lundberg, “is to stay home if you have symptoms of flu-like illness. It is not necessary to test every patient with flu-like illness. If you are high risk, contact your health care provider. These recommendations are similar to those we would make for the regular seasonal flu.” Steps for preventing the spread of influenza include:

- Wash your hands frequently with warm water and soap for 20 seconds.
- Use alcohol-based hand sanitizers when washing is not practical.
- Keep your hands away from your eyes, nose, and mouth to prevent the virus from entering the body.
- Cover your nose and mouth when you cough or sneeze.
- Cough or sneeze into a tissue or into your arm, wash hands afterwards.
- Avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

Butte County Public Health has an information line at 1-866-444-2405. In addition, helpful links for information about the novel H1N1 influenza can be found at CDC and California Department of Public Health web sites. Links are posted on our website at [www.buttecounty.net/publichealth](http://www.buttecounty.net/publichealth).

For further information, contact Dr. Mark Lundberg, Health Officer, phone: (530) 538-7583, fax: (530) 538-2164, email: [mlundberg@buttecounty.net](mailto:mlundberg@buttecounty.net).

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### **Butte County Public Health Department**

Our Mission: To protect the public through promoting individual, community and environmental health.