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**For Immediate Release**

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[www.buttecounty.net/publichealth](http://www.buttecounty.net/publichealth)

**Phone:**

(530) 895-6565- Chico  
(530) 538-7583- Oroville

**Fax:**

(530) 891-2873- Chico  
(530) 538-2164- Oroville

**Mailing Address:**

202 Mira Loma Drive  
Oroville, CA 95965

695 Oleander Avenue  
Chico, CA 95926

## **BUTTE COUNTY CONTINUES TO MONITOR SWINE FLU SITUATION**

BUTTE COUNTY, Calif. — Governor Arnold Schwarzenegger today declared a state of emergency in California due to the Swine Flu outbreak.

There have been eleven California residents diagnosed with confirmed swine influenza virus infection, according to the California Department of Public Health. There are an additional 7-10 cases which have been identified as probable cases, three in Sacramento County, two in Marin County, and two in San Diego County. Additionally, Los Angeles County has identified two more possible cases. While televised media has reported two deaths from Swine flu in California, the State Health Department has confirmed that one of these is not a death from Swine Flu and the second case is pending further evaluation. To date there are no confirmed cases of swine flu in Butte County.

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. CDC has determined that this swine influenza A virus circulating is contagious and is spreading from human to human. Swine flu is spread mainly from person to person through coughing or sneezing of people who are infected. Sometimes people may become infected by touching something with flu viruses on it and then touching their eyes, nose or mouth.

There is no evidence at this time that U.S. swine have been infected with this virus, according to scientists at the United States Department of Agriculture (USDA). Swine flu viruses are not transmitted by food so a person cannot get swine flu from eating pork or pork products. In fact, cooking pork to an internal temperature of 160°F kills all viruses and other food borne pathogens. Eating properly handled and cooked pork or pork products are safe. Spread of the virus has not been reported from fruits and vegetable imported from Mexico.

The symptoms of swine flu in people are similar to the symptoms of regular seasonal influenza and include fever, cough, sore throat, body aches, headaches, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. Like

## PUBLIC HEALTH MOBILIZES TO CONFRONT SWINE INFLUENZA— 2

seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

Butte County Health Officer Dr. Mark Lundberg continues to recommend these everyday steps to protect your health:

- If you get sick with flu, it is recommended that you stay home from work or school and limit contact with others to keep from infecting them.
- If you are sick you may want to consult with your healthcare provider.
- Cough or sneeze into your elbow or a tissue and properly dispose of used tissues.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth; germs spread this way.
- Try to avoid close contact with sick people.
- Stay healthy by eating a balanced diet, drinking plenty of water and getting adequate rest and exercise.

Public Health does recognize the community concern regarding testing in this area. Your health care provider will determine whether influenza testing or treatment is needed as testing will be prioritized based on CDC recommendations, which include exposure risk and hospitalization for influenza like illness. If you have returned from Mexico within 7 days of the start of your symptoms, cared for household members with recent travel history to Mexico, or have had contact with a confirmed case of swine flu please call your health care provider or Butte County Public Health Department at (530) 891-2732. For information, please feel free to call our Public Health Information line at 1-866-444-2405. Public Health has posted helpful links to swine flu information at CDC and California Department of Public Health web sites on its own web site [www.buttecounty.net/publichealth](http://www.buttecounty.net/publichealth).

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

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