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PUBLIC HEALTH REPORTS NO SWINE FLU IN BUTTE COUNTY

BUTTE COUNTY, Calif. — Swine flu numbers continue to rise in California and the nation. As of this morning, there have been ninety-one confirmed cases of swine flu nation-wide, fourteen of them in California residents, according to the Centers for Disease Control. To date there are no suspected cases of swine flu in Butte County.

There has been one confirmed death from swine flu in the U.S., a 22 month old child who lived in Mexico and came to the U.S. for treatment, but later died in Texas. "It is not uncommon for young children to die from complications of the flu," stated Mark Lundberg, M.D., Health Officer for Butte County Public Health. "This illness is still considered to be mild in most people."

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

Butte County Public Health is actively looking for swine flu cases in Butte County. "We have conducted many screening interviews, and specimens have been sent to our lab," stated Lundberg. "At this point, none of the specimens have warranted additional testing."

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.

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Butte County Public Health 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.

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.

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Butte County Public Health Department

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