

SAN LUIS OBISPO COUNTY HEALTH AGENCY



Public Health Department

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PUBLIC HEALTH MEDIA ADVISORY #4 – H1N1 FLU (SWINE FLU)

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Today three probable cases of H1N1Flu (Swine Influenza) have been identified in San Luis Obispo County. These probable cases are students from Grizzly Academy located at Camp San Luis. These students along with others in the Academy that are experiencing influenza like illness are being isolated. The Public Health Department continues to work closely with Grizzly Academy medical staff to limit the risk of transmission to others. No students have been hospitalized and are recovering.

Below are things that you can do to help our response:

- **Do not go to a Hospital Emergency Department unless you are experiencing an acute illness.**
- **If you are ill stay home from work, school and other activities.**
- **If you are ill and meet the following criteria call your Health Care Provider:**
 - Have had contact with a confirmed H1N1 Flu (Swine Flu) case and/or the following:
 - Have a fever higher than 100° F (37.8°C) and a cough and/or sore throat
 - Are in a high-risk setting for transmission (e.g., school, prison)
 - Are part of a cluster of people with Influenza-like Illness
 - Have returned from Mexico within 7 days of beginning of illness or cared for ill household members with this travel history
 - If you do not have a Health Care Provider call a nearby Community Health Care Clinic or Urgent Care Center.
- **Laboratory testing is only being performed on individuals who meet very limited criteria. If you meet those criteria your Health Care Provider will determine if you should be tested.**
- **If you are not sick, protect yourself by doing the following:**
 - Avoid close contact with sick people.
 - If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
 - Cover your nose and mouth with a tissue when you cough or sneeze or cough into your sleeve. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.

For additional information about H1N1 Flu (Swine Flu), please see:

<http://www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx>

<http://www.cdc.gov/flu/swine/>

You may also call the San Luis Obispo Public Health Information line at 805-788-2903, The State of California Hotline at 1-888-865-0564 , or the Center for Disease Control at 1-800-CDC-INFO.