



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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PUBLIC HEALTH SERVICES
Healthy People in Healthy Communities

First Human Probable Case in San Benito County

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FOR IMMEDIATE RELEASE

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San Benito County First Probable Case of H1N1 (Swine Flu) Virus

Local officials working with state to prevent further infection

San Benito County Health Officer, Dr. Elizabeth Falade today urged all local residents to take common sense steps to protect themselves from the H1N1 flu following a probable case in a San Benito County resident. Although cases identified in the United States to date have been mostly mild, public health officials are concerned that more serious illnesses could occur and are taking cautionary steps to protect the public.

“It is critically important for everyone to protect themselves and their families by practicing good hand and respiratory hygiene,” said Sam Perez. “This includes frequent hand washing, regular use of hand sanitizers, and covering coughs and sneezes with tissues. In addition, you should stay home when you are sick.”

The symptoms of H1N1 flu 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 human swine flu.

San Benito County health officials are no longer considering closing schools because of H1N1 virus. The decision was made after the federal Centers for Disease Control and Prevention (CDC) issued new guidance on Tuesday that schools no longer needed to be closed unless student or staff absences interfere with the school’s ability to operate.

“We are following the CDC’s recommendation not to close schools if there is one student identified with a confirmed case. Because the H1N1 flu appears to be less severe than initially feared, we believe that school closures are no longer necessary. However, we continue to stress the importance that anyone who is sick stay home and we urge people to continue practicing universal precautions”, stated Perez.

Ill students and staff should not go to school, and anyone who comes to school with flu-like symptoms (fever with cough or sore throat) should be isolated from others at the school and sent home immediately. More information on the new guidance is available on the San Benito County Public Health Division website: <http://www.sanbenitoco.org> or www.cdc.gov for additional information. You can also call the CDPH H1N1 (Swine Flu) Hotline at 1-888-865-0564, Monday through Friday, from 7 a.m. to 6 p.m., and on weekends from 8 a.m. to 4 p.m.

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