



New Flu Virus (H₁N₁) Update – May 12, 2009 at 4:00pm

As of Tuesday, May 12, 2009, the Santa Clara County Public Health Department has reported 14 confirmed cases of the new flu virus (H₁N₁) and 15 probable cases for a total of 29 cases in the county.

Dr. Marty Fenstersheib, Health Officer for Santa Clara County, continues to advise the public to remain vigilant in monitoring and protecting health:

- If sick persons exhibit a fever and any of the following: stuffy nose, sore throat, and/or coughing they should stay at home and limit contact with healthy persons.
- Sick persons should stay home for at least 7 days after they first show flu symptoms or until they stop having any symptoms, whichever is longer.
- Sick persons should try to stay away from people who are well. It is especially important to stay away from those who may be more likely to get very sick, like infants and young children, the elderly, pregnant women, or those with chronic diseases.
- If you are sick, think about wearing a surgical mask so that you don't spread the virus to others. And wash your hands frequently for the same reason – so that you don't spread the flu to others.
- Change and throw away masks when they become moist.
- If the sick person is not wearing a mask, they should cover their mouth and nose with tissues when coughing or sneezing.
- Limit the number of people taking care of the sick family member.
- Caregivers should wash their hands after they have contact with the sick person.
- Keep windows open to circulate air.
- Keep common area surfaces clean.
- Do not have visitors in your home while the person is sick.

For information about the new flu virus, H₁N₁, please call the California Department of Public Health toll-free hotline at 1-888-865-0564 (Monday – Friday from 7 a.m. to 6 p.m. and Saturday/Sunday from 8 a.m. to 4 p.m.) or the Public Health Information Line at 408-885-3980.

On the web, for more information about the new flu virus (H₁N₁), visit <http://www.cdc.gov/h1n1flu> or for Spanish, visit <http://www.cdc.gov/h1n1flu/espanol/>