



COUNTY OF SAN DIEGO

## NEWS RELEASE

FOR IMMEDIATE RELEASE: August 19, 2009

CONTACT: Tom Christensen (619) 515-6535

### H1N1 INFLUENZA WEEKLY UPDATE

The County of San Diego Health and Human Services Agency (HHS) is reporting one additional death associated with the pandemic H1N1 Influenza virus. The deceased is a 57-year-old woman with underlying medical conditions.

San Diego County has had 1053 confirmed cases of pandemic H1N1 Influenza to date, including seventeen deaths.

You are encouraged to stay home from work or school if you have influenza-like illness or symptoms similar to the seasonal flu which include fever, cough, sore throat, body aches, headache, chills and fatigue. It is recommended that you stay home for at least 24 hours after your fever is gone without the use of fever-reducing medicine.

Individuals with underlying medical conditions experiencing influenza-like illness or symptoms should contact their primary care physician in a timely manner.

For additional information on pandemic H1N1 influenza visit [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov) or [www.cdc.gov](http://www.cdc.gov) or call 2-1-1 San Diego.

For updates, please follow the County of San Diego by clicking below on Twitter, the County's Web site, Facebook and YouTube.

