



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE: September 30, 2009 **CONTACT:** Tom Christensen (619) 515-6535

H1N1 INFLUENZA WEEKLY UPDATE

The County of San Diego Health and Human Services Agency (HHS) is reporting no additional deaths associated with the pandemic H1N1 Influenza virus.

San Diego County has had 290 hospitalized cases of pandemic H1N1 Influenza to date. There have been 22 deaths of San Diego County residents associated with H1N1, plus three deaths of non-residents.

The general public is encouraged to stay home from work or school if they 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 or www.cdc.gov or call 2-1-1 San Diego.

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For updates, please follow the County of San Diego Health and Human Services Agency by clicking below on Twitter, Facebook and YouTube.

