



COUNTY OF SAN DIEGO

## NEWS RELEASE

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### 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 59-year-old woman with underlying medical conditions.

San Diego County has had 309 hospitalized cases of pandemic H1N1 Influenza to date. There have been 23 deaths of San Diego County residents associated with H1N1, plus three deaths of non-residents.

The first allotment of H1N1 flu vaccine has arrived in San Diego County and 2,000 doses of nasal spray vaccine are available through the HHS Public Health Centers. An additional 26,000 doses are being sent directly from the distributor to primary care physicians' offices throughout the county. Residents are encouraged to call their primary care doctor to check on availability of H1N1 vaccine. Individuals without a primary care doctor may call 2-1-1 San Diego for the locations of HHS Public Health Centers. The county expects to receive approximately 411,000 doses of H1N1 vaccine during October, and will receive additional supplies of vaccine monthly.

The initial doses of H1N1 nasal spray vaccine are designated for healthy children 2-18 years of age and healthy household contacts of infants younger than 6 months, according to guidelines from the California Department of Public Health.

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](http://www.sdcounty.ca.gov) or [www.cdc.gov](http://www.cdc.gov) or call 2-1-1 San Diego.

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