



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE: November 4, 2009    **CONTACT:** Tom Christensen (619) 515-6535

## **H1N1 INFLUENZA WEEKLY UPDATE**

The County of San Diego Health and Human Services Agency (HHS) is reporting two additional deaths associated with the pandemic H1N1 Influenza virus. The deceased are an 89-year-old female with underlying medical conditions and a 55-year-old female with underlying medical conditions that was not a resident of San Diego County.

San Diego County has had 492 hospitalized cases of pandemic H1N1 Influenza to date. There have been 28 deaths of San Diego County residents associated with H1N1, plus four 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](http://www.sdcounty.ca.gov) or [www.cdc.gov](http://www.cdc.gov) or call 2-1-1.

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