



Mendocino County Health and Human Services Agency

"Healthy People, Healthy Communities"

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Dear Parents,

This letter is to inform you of the current situation in Mendocino County. It is important to know that **there are no reported cases of H1N1 (Swine) Flu in Mendocino County at this time.** Local health officials are working closely with state and federal health authorities. There have been cases of H1N1 Flu in California. All of those cases have been mild to moderate and those infected have recovered.

As Health Officer for Mendocino County I am strongly recommending if you or your family are returning to Mendocino County from travel to Mexico or you have had direct contact with a person confirmed for H1N1 disease that you stay home from work or school for a period of three (3) days regardless of your health status. This is a change from the previous recommendation of seven (7) days. Individuals should monitor themselves for flu like symptoms for seven days after returning from their trip or the last day of contact with the confirmed H1N1 case. If you experience any of these symptoms contact your physician.

Flu like symptoms

- fever (100° F or $\geq 37.8^{\circ}\text{C}$)
- cough
- sore throat
- body aches
- fatigue

It is important to restrict social contacts, i.e., public events, during these three days, to reduce transmission of illness.

We want you to protect yourself and your family against H1N1 (Swine) Flu. Here are some ways to stop the spread of germs and sickness and take care of your family

- Keep sick children at home. Don't send them to school.
- If some of the people in your home are sick with the flu, keep them away from the people who are not sick.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

For more information about the H1N1 (Swine) Flu you can go to any of the following agencies:

Medical issues: Mendocino County Public Health, 707-472-2675 www.co.mendocino.ca.us/ph/

School issues: Mendocino County Office of Education, 707-462-5096 www.mcoe.us

Center for Disease Control www.cdc.gov/swineflu/pdf/keyfacts.pdf

Sincerely,

Marvin Trotter, MD
County Health Officer