



*County of Inyo*

**HEALTH & HUMAN SERVICES DEPARTMENT**

*Behavioral Health, Public Health, Social Services, First 5, Prevention,  
Inyo Mono Area Agency on Aging*

*Drawer H, Independence, CA 93525  
Telephone (760) 878-0247 FAX: (760) 878-0266*

*Or  
163 May St., Bishop, CA 93514  
Telephone (760) 873-3305 FAX: (760) 873-6505*

*JEAN TURNER, M.A., DIRECTOR  
jturner@inyocounty.us*

---

April 27, 2009

To: Inyo County Employees

In an effort to keep Inyo County employees informed regarding swine influenza (swine flu), our HHS Public Health division, in partnership with County Administration, is providing you with the enclosed swine flu information sheet. The information provided is consistent with that of the Center for Disease Control (CDC) and California Department of Public Health. Since our knowledge of the events surrounding the swine flu is changing daily; for additional information and updates, please use the websites listed at the bottom of the information sheet.

There have been no confirmed or suspected cases of swine flu in Inyo County to date. We are working with the local physicians and hospitals encouraging them to test people going to the emergency room or a hospitalized patient sick with symptoms consistent with a flu-like illness. As surveillance efforts increase, both locally and state & nationwide, it is expected to find more "laboratory confirmed" cases. *However, it is very reassuring to note that as those numbers have continued to rise nationally, to this date the identified swine flu cases seen in the US have been mild to moderate with an attack rate similar to the seasonal flu.*

Please read the attached pages for detailed information about the swine flu, how it is spread, what to do to protect yourself and your family and what to do if you get sick. In summary, working together there are a few common sense measures to take to avoid the occurrence and spread of swine flu in Inyo County.

1. In the upcoming weeks if you become ill with flu-like symptoms (fever, cough, sore throat, body aches, runny nose, nausea or vomiting), **don't come to work sick**. Remain home (at the earliest signs of illness) and notify your immediate supervisor. Expect to remain home from work for 7 days after onset of symptoms or at least 24 hours after symptoms have gone away, whichever is longer.
2. Minimize your contact outside of your house. Persons who wish to seek medical care, *call first* and your doctor can help you to decide if you need to come in for testing or treatment. Persons who have difficulty breathing, or shortness of breath or are believed to be severely ill should seek immediate medical care.
3. Every one should practice *thorough handwashing* (15 – 20 seconds with soap & water) *and frequent handwashing*. (Viruses can live as long as 2 hours or longer on surfaces like tables, desks or door knobs). Coming in contact with a sick person's respiratory droplets and then rubbing your eyes can introduce the virus into your body.
4. *Cover your mouth and nose with a tissue when sneezing or coughing*. Then wash your hands.

If you have any questions, please call Inyo County Health & Human Services, Public Health at 873-7868 and refer to the attached information sheet and designated websites.

Updates will be provided as more information is available or as the events change in Inyo County.

# What Do I Need to Know About Swine Flu?

## **What is swine flu?**

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

## **Am I at risk?**

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. At this time it seems to have the same attack rate as the seasonal flu. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth, nose or eyes.

## **How can I protect myself and my family?**

First and most important: wash your hands. Avoid surfaces that may be contaminated with the flu virus. Common surfaces may be tables, desks, and door knobs. Since the virus is spread by respiratory droplets, the virus would come in contact with your body if you touch a contaminated surface and then rub your eyes, mouth or nose before washing your hands. In addition, try to stay in good general health by getting plenty of sleep, being physically active, managing your stress, drink plenty of fluids, and eat nutritious food. Finally avoid close contact (less than 6 feet) with people who are sick.

## **What should I do if I get sick?**

If you become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea. You may want to contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

**In children** emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

**In adults** emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

When caring for someone who is sick avoid face-to-face contact and wash your hands frequently. If possible keep the person in a room separate from the common areas of the house and keep the sick room door closed. Remember *like any other flu* encourage fluids, rest, and provide over the counter medications for symptom relief.

### **Where can I find more information?**

For more information, you can go to the Inyo County Public Health website, the California Department of Public Health website, or the Centers for Disease Control and Prevention website, listed below.

<http://inyocounty.us/publichealth/>

<http://www.cdph.ca.gov/HEALTHINFO/DISCOND/Pages/SwineInfluenza.aspx>

OR

<http://www.cdph.ca.gov/HealthInfo/news/Pages/SwineFluLandingPg042409.aspx>

<http://www.cdc.gov/swineflu/>

This document was adapted from the *CDC Swine Flu & You* document, found here:

[http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)