



Health Services  
Agency  
Administration

# County of Santa Cruz

## HEALTH SERVICES AGENCY

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## PUBLIC HEALTH UPDATE

<b>Communicable Disease:</b> H1N1 2009 Influenza Virus
<b>Principal Investigator:</b> Poki Stewart Namkung, M.D., M.P.H., Health Officer
<b>Date:</b> April 30, 2009
<b>Release #:</b> 2009H1N11-01

### INCIDENT

As of today, April 30, 2009, NO cases of H1N1 2009 Influenza Virus (Swine Flu) have been confirmed in Santa Cruz County.

### HEALTH DEPARTMENT ACTIONS

- As of 5 p.m., April 29, 2009, the Public Health Department has sent a total of 47 samples to the lab for testing. 17 of which are still pending.
- As of 11 a.m., April 30, 2009, NO cases of H1N1 2009 Influenza Virus have been confirmed in Santa Cruz County.
- Santa Cruz County Public Health has activated its Departmental Operations Center (DOC) to coordinate its response to this public health threat, which includes enhanced surveillance, increased laboratory testing, and increased communication and guidance to health care providers and the public.

### RECOMMENDATIONS

- Stay home when you are sick. This will prevent others from catching your illness. Only seek medical care if you have symptoms of fever, lethargy, muscle pains, coughing and sore throat and have traveled to an affected area and/or have been exposed to a possibly infected person within the last 7 days. Call your health care provider and let them know of your possible exposure. Wear a mask before you enter your provider's office. Avoid close contact with others as much as possible.
- Avoid close contact with people who are sick.
- Cover your mouth and nose when sneezing or coughing.
- Wash your hands frequently.
- Avoid touching your eyes, nose or mouth.
- Avoid shaking hands. Do not kiss in greeting.



**Public Health**  
Prevent. Promote. Protect.

- **Health Alert:** conveys the highest level of importance; warrants immediate action or attention.
- **Health Advisory:** provides important information for a specific incident or situation; may not require immediate action.
- **Health Update:** provides updated information regarding an incident or situation; unlikely to require immediate action.

### **INFORMATION**

- On April 29, 2009 the World Health Organization(WHO) increased the phase of pandemic alert to phase 5. Phase 5 is characterized by human-to-human spread of the virus into at least two countries in one WHO region. The declaration of Phase 5 is a strong signal that a pandemic is imminent and that the time to finalize the organization, communication, and implementation of the planned mitigation measures is short.
- On April 28, 2009 Governor Arnold Schwarzenegger proclaimed a State of Emergency for the State of California. This allows for the relaxing of certain administrative requirements needed in order to increase preventive measures against H1N1 flu. In response Santa Cruz County Public Health is planning for 12 hour deployment of staff.

### **ADDITIONAL RESOURCES**

- [www.santacruzhealth.org/alerts](http://www.santacruzhealth.org/alerts) for informational updates and other alerts
- <http://cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx>
- <http://www.cdc.gov/flu/swine/>
- <http://www.who.int/csr/disease/swineflu/en/index.html>