



# News Release

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## First Probable Case of Swine Flu

Alameda County health officials announced today the first probable case of swine flu is a female in her 50s with no recent travel history to Mexico. She was not hospitalized, is being treated and is recovering well.

“The incidence of swine flu is increasing across the Bay Area,” remarked Alameda County Health Public Health Director and Health Officer Dr. Tony Iton, “This is our first case and we expect more.”

To date, 92 swine flu specimens have been sent by the county public health lab to the state laboratory in Richmond for testing. More samples are coming in daily.

Alameda County Public Health, like other health jurisdictions, is in daily contact with the State Department of Public Health in an effort to coordinate surveillance and lessen the impact of this new virus. So far, no schools have been closed and no events canceled in Alameda County.

The swine flu virus, known as H1N1, combines pig, human and bird viruses. There is currently no vaccine, but there are actions that people can take to help prevent the spread of germs:

- Stay at home if you are sick.
- Cough and sneeze into a tissue or into your elbow.
- Wash your hands often with soap and water and use hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.
- Avoid attendance at large gatherings.

County, state and federal agencies are advising the public to create and maintain family emergency preparedness kits. Households should have a minimum of two week’s worth of food, water, medicine and emergency supplies sufficient for the entire family. For a list of products to have at home, go to <http://www.pandemicflu.gov/plan/individual/checklist.html>.

Stay informed:

Alameda County Public Health: [www.acphd.org](http://www.acphd.org)

CDC: [www.cdc.gov](http://www.cdc.gov)

Calif. Dept. of Public health: [www.cdph.ca.gov](http://www.cdph.ca.gov)

CDPH swine flu hotline: 1-888-865-0564