

Human cases of swine influenza A (H1N1) virus infection have been confirmed in residents of California, US, Canada and Mexico. There is one probable case in Indio, two in Riverside, and one in Corona.

Illness signs and symptoms have consisted of flu-like illness - fever of 100 degrees or higher and respiratory illness (cough, sore throat and runny nose). Gastrointestinal symptoms may or may not be present.

Infectious Period

Incubation for the H1N1 virus can be up to 7 days. Persons with suspected swine influenza A (H1N1) virus infection should be considered contagious 1 day before the onset of symptoms to 7 days following illness onset. Persons who continue to be ill longer than 7 days after illness onset should be considered potentially contagious until symptoms have resolved.

"Individuals have a key role to play," Dr. Richard Besser, acting chief of the Centers for Disease Control and Prevention, said Monday.

Precautions

The Center for Disease Control recommends that everyone should now be taking these everyday precautions:

- Avoid contact with people if you, or they, are sick.
- Stay at home — from work, school or other public activities — when you are ill.
- Keep your children home from school when they are ill.
- Shield others from your coughs and sneezes by using a tissue.
- Wash your hands often.
- Keep your hands away from your eyes, nose or mouth.
- Maintain healthful habits — get ample sleep and exercise, drink fluids, eat well.

Close contact is defined as: within about 6 feet of an ill person who is a confirmed or suspected case of swine influenza A (H1N1) virus infection.

Employees are encouraged to avoid travel to Mexico. Additionally, please do not bring food into meetings where utensils will be shared.

Antibacterial gel will be placed in all City departments, and gloves and masks will be available to any employee that wishes to use them.

A Public Health Information Hotline is open from 7:00 a.m. – 7:00 p.m. daily. Additional information call the Riverside County Flu Hotline at 951.955.2000 or www.countyofriverside.us

For more information regarding Swine Flu, go to www.cdc.gov/swineflu.