

# NEWS

From Supervisor Gary Ovitt  
Fourth District, San Bernardino County



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## County Swine Flu Update

Swine influenza (swine flu) is a common respiratory disease of pigs caused by type A influenza virus, typically H1N1 and H3N2 strains. Swine flu viruses do not normally infect humans. Occasional human infections with swine flu do occur, but usually in persons with direct exposure to pigs. It has not been determined how easily this virus spreads between people. The current situation in California suggests that human to human transmission may be occurring. You can not get the infection from eating pork or any products made with pork.

“At this time, San Bernardino County has no confirmed cases of swine flu,” stated County Supervisor Gary Ovitt, Chairman of the San Bernardino County Board of Supervisors. The Department of Public Health is conducting enhanced surveillance of health care providers in the County to identify potential human cases of swine influenza A (H1N1) virus infection, and will be sending them a health alert with clinician guidelines. The Department Emergency Operation Center has also been activated at a level one to more closely monitor developments during regular business hours.

Seasonal human influenza vaccine usually does not protect against swine influenza A H1N1 viruses, which is a very different strain. Since there is no vaccine available at this time, Dr. Ohikhuare, M.D. with the Department of Public Health, recommends that people take the following normal precautions to prevent the spread of disease to others:

- 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 hands cleaners are also effective.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

People who develop an illness with fever and respiratory symptoms, such as cough and runny nose, and possibly other symptoms, such as body aches, nausea, or vomiting or diarrhea, should contact their health care provider. These medical professionals will decide if influenza testing is needed.

The San Bernardino County Department of Public Health and Chairman Gary Ovitt will continue to closely monitor the situation and will provide more information to the public, as needed. For more details on swine influenza A (H1N1) virus infection, call 2-1-1. You can also go to the California Department of Public Health website at [www.cdph.ca.gov](http://www.cdph.ca.gov).