



A Tradition of Stewardship
A Commitment to Service

Health and Human Services Agency
Public Health Division

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FOR IMMEDIATE RELEASE

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County Health Officials Concerned by Rapid Rise in Flu Cases, Some Severe

It's not too late to vaccinate against the flu

(NAPA, California) Napa County health officials are seeing a rapid increase in influenza (flu) including severe cases requiring admission to hospital intensive care units. The predominant strain of influenza across the US this year is the H1N1 strain that emerged in 2009. This strain causes more flu illness in children and young adults than is usual with other strains of the influenza virus. People of any age with other medical conditions are also at risk for more severe illness.

“Influenza is always a serious illness, but we are especially concerned this year as there are already reports of severe illness and deaths in young adults from several parts of the country.” said Dr. Smith. “The good news is that it’s not too late to vaccinate against the flu. There is no shortage of flu vaccine, which is the best way to protect yourself and your loved ones from the flu. The vaccine is especially effective in children and young adults.”

Get Vaccinated

1. Call your doctor/healthcare provider to make an appointment for flu vaccine
2. Visit pharmacies and ask for a flu vaccine
3. If you have no other access to flu vaccine call Napa County Public Health (707) 253-4270 for free flu vaccine at the Napa County Health & Human Services Agency, Public Health Division in Building G at 2344 Old Sonoma Road; Napa, CA 94559.

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- Appointments available Mondays and Wednesdays
- Drop in (no appointment needed):
 - Tuesdays: 1 p.m. - 5 p.m.
 - Thursdays: 1 p.m. - 4 p.m.

Flu Symptoms

Symptoms	Seasonal Influenza (Flu)
Fever	Present, often high, usually 100°F and over and usually lasts 3-4 days
Headache	Very common, sudden onset and can be severe
Body Aches	Very common, often severe
Chills, Sweats	Fairly common
Coughing	Dry, unproductive cough, can be Severe
Sneezing	Uncommon
Stuffy nose	Less common
Sore Throat	Common
Chest Discomfort	Often severe
Tiredness	Sudden onset, moderate to severe
Symptoms	Develop suddenly, can appear within 3-6 hours
Others	Some people may have vomiting & diarrhea

If you do become ill with flu-like symptoms (fever >100°F with cough and/or sore throat) you should stay home until you have been free of fever for at least 24 hours without the use of fever reducing medications (e.g. Tylenol). Antiviral medication may help to reduce the severity and length of illness if taken soon after symptoms start; talk to a doctor/healthcare provider if you or someone you care for develops symptoms of the flu.

Practice Good Hygiene & Healthy Habits

Make sure you and your families W.H.A.C.K. the flu:

- Wash your hands often
- Home is where you stay when you are sick
- Avoid touching your eyes, nose, and mouth
- Cover your coughs and sneezes
- Keep your distance from people who are coughing and sneezing

For More Information

Visit www.countyofnapa.org/publichealth/seasonalflu/ for more information.

The Board of Supervisors and staff of Napa County are dedicated to preserving and sustaining Napa County for present and future generations as a community with generous open space, a thriving agricultural industry and a quality human and natural environment. Visit us on the Web at www.countyofnapa.org.