



Mitchell H. Katz, MD
Director of Health

For Immediate Release
April 30, 2009

Eileen Shields, Public Information Officer
415/554-2507

**California Department of Public Health Confirms
First 2009 H1N1 Flu Case in San Francisco**

San Francisco, CA -- Mitch Katz, MD, Director of Health, San Francisco Department of Public Health (DPH), today announced that the California Department of Public Health has confirmed the first case of 2009 H1N1 Flu in a San Francisco resident. The patient is a child who is not in school but who did travel recently in Mexico.

Dr. Katz urged residents to continue to take common sense steps to protect themselves from the 2009 H1N1 Flu. "All of us working together can help protect ourselves, our families and the community by practicing good hand washing, covering coughs and sneezes and staying home if you are sick."

The symptoms of 2009 H1N1 Flu in humans are similar to the symptoms of seasonal human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting associated with 2009 H1N1 Flu. All types of flu can cause vomiting and diarrhea, but the 2009 H1N1 Flu patients seem to be experiencing more intense symptoms of it.

Flu is generally spread by direct contact with germs from an infected person, from either uncovered coughs or sneezes or by touching something the infected person has handled. People experiencing mild flu-like symptoms, should stay at home. If you are experiencing problems breathing, dehydration from diarrhea or vomiting, or a fever over 101 degrees Fahrenheit not controlled by over the counter medication, please call your health care provider before going to a clinic or hospital.

DPH is coordinating with state and federal agencies to implement increased influenza surveillance and containment measures. The City instituted a partial activation of the Emergency Operations Center and DPH has had its Department Operations Center activated since Monday.

Dr. Katz advised residents to monitor news reports and check <http://www.sfdcp.org/swineflu.html> for continuous updates. Additionally, the public can call the City's 3-1-1 operators for more information.

Although other jurisdictions have released age and gender references of flu patients, it is the policy of the San Francisco Department of Public Health not to release personal information about patients that could lead to their identity. Communicable Disease Control staff will work closely with 2009 H1N1 Flu patients, their families and close contacts to contain the spread of the flu to the rest of the public.

At this time, DPH is not recommending the use of masks by city workers or the public. However, Dr. Katz encourages liberal use of hand sanitizers by everyone.

###