



## Local Considerations on the H1N1 "swine" Influenza Epidemic

At Plumas District Hospital we are working hard, along with the Plumas County Public Health Agency, to provide our community with outstanding care and resources to confront the emerging challenges of epidemic H1N1 (swine) influenza. We are also in close contact with the California Department of Public Health and the Centers for Disease Control, and will be following their guidelines.

If you think you may have influenza, you should read ["What to Do If You Get Flu-Like Symptoms"](#) by the CDC. This document explains everything most people need to know about treating influenza. In fact, most people with H1N1 (swine) influenza will not benefit from or need medical attention.

If you or someone you live with is at higher than usual risk (age under 5, age over 65, pregnant, very obese, has heart/lung disease, or is immune suppressed), you should seek medical care as soon as possible after onset of illness because, if it is used, antiviral medication is more effective if started early. Telephone advice is available from the PDH Clinics and ER. If you do come for care, please wear a facemask and try to stay at least 6 feet from other individuals.

Other reasons to seek medical attention are described in the article by [CDC noted above](#). Be aware that as the epidemic unfolds, wait times in the ER and clinic or for ambulance transport may increase substantially due to large numbers of patients and staffing shortages. It is possible you may be asked to obtain care at an alternative location instead our regular ER and clinic.

Avoiding spread (especially to those at high risk) and immunization are the cornerstone of all efforts to minimize the impact of influenza, including H1N1 (swine) flu. This year, especially, it is important to stay home until at least 24hr have passed since your last fever (without fever-reducing medicines), and pay particular attention to covering coughs and sneezes and to washing hands.

There will be two types of influenza immunization this year, one for "regular" seasonal influenza, and the second for H1N1 (swine) flu. It is important to get both. Keep an eye on this website and the local newspaper for information about where and when you can get immunized.

With proper planning, immunization, and infection control measures, our community can get through the H1N1 "swine" flu epidemic with as little impact as possible. Pay attention to this web site and the one for [Plumas County Public Health Agency](#) for updates as they become available.

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