

Dear Friends,

Like most Americans, you are probably hearing a lot of discussion about the potential spread of the H1N1 flu virus. From the onset of this virus I have been in contact with local health officials to offer them my full support with their efforts. In addition, my office and I have received regular daily briefings on this issue from state and national agencies.

Over the past few days the virus has spread to several states and there have been some reported infections in California, including in Marin County, so I want to take this opportunity to provide you with resources where you can find the latest information on the virus, as well as steps that local, state, and national officials are taking to combat its spread.

**California Department of Health – Swine Flu Outbreak Latest News**

Provides general information (including California Case Total)

[www.cdph.ca.gov](http://www.cdph.ca.gov)

**Centers for Disease Control and Prevention – Swine Influenza**

Provides general information, frequently asked questions (in English and Spanish), updated cases of infection by state, travel notices and press briefings

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

I also want to remind you of simple steps that we can all take to protect ourselves, our families, and our communities:

- \* Wash your hands with an antibacterial soap regularly. If you don't have access to a sink, you can also use an alcohol based hand sanitizer.
- \* Avoid close contact with people who are sick. When you are sick, keep your distance from others, and stay home from work, school, and errands.
- \* Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- \* Take steps to prevent and prepare for any possible spread of the disease. If you have children, create a plan for how to care for them in case of local school closures. Also, if possible develop a plan with your employer that would allow you to work from home in case the situation merits it.

I hope that these resources are helpful, and I will continue to keep you apprised of information as I receive it.

Sincerely,

*Lynn Woolsey*