

## Flu Resources

The Influenza A/H1N1 virus ("swine flu") has received extensive media coverage in recent days. While there is no reason to panic, it is important to take this illness seriously and to do everything possible to minimize its impact. Federal, state and local agencies are working together to monitor and contain the spread of the H1N1 virus and they are coordinating efforts to ensure that our health care system is prepared and fully equipped to respond effectively in the event of a more widespread outbreak.

Individuals have a critical role in preventing the spread of the virus and the Centers for Disease Control & Prevention (CDC) urges people to take sensible, everyday precautions to limit the spread of germs that can cause infection.

Tips to protect your health and information about symptoms can be found here:  
[http://www.cdc.gov/swineflu/swineflu\\_you.htm](http://www.cdc.gov/swineflu/swineflu_you.htm)

Congress continues to monitor this situation closely and I will continue to do everything I can to ensure that the necessary federal resources are directed to combat the spread of the H1N1 flu and support the response capability of our health care system.

You can visit the following websites for up-to-date information, to track the illness and find medical guidance for protecting your health and that of your family:

Influenza A/H1N1 in California: <http://ww2.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx>

Influenza A/H1N1 in the U.S.: [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) or <http://www.PandemicFlu.gov>.

Influenza A/H1N1 internationally: [www.who.int/en](http://www.who.int/en).

Travel health warnings and recommendations: <http://wwwn.cdc.gov/travel/>

Local information by County:

Santa Clara County: [http://www.sccgov.org/swine\\_flu\\_update.html](http://www.sccgov.org/swine_flu_update.html)

San Mateo County: [http://www.co.sanmateo.ca.us/smc/department/home/0,,1954\\_569703730\\_1367084717,00.html](http://www.co.sanmateo.ca.us/smc/department/home/0,,1954_569703730_1367084717,00.html)

Santa Cruz County: <http://www.santacruzhealth.org/alerts/index.htm#swine>