FOR IMMEDIATE RELEASE

Sutter County Hosts Community H1N1 Presentation

Sutter County – Sutter County Public Health Department is holding a community presentation to discuss H1N1 Influenza. Anthony W. Russell, MD MPH is the presenter. The community presentation will provide an opportunity for members of the community to ask questions and learn how they can prepare and protect themselves from H1N1. The community H1N1 presentation is scheduled:

Thursday, October 8, 2009
6:00 p.m. to 7:00 p.m.
Sutter County Health Department Auditorium
1445 Veterans Memorial Circle, Yuba City

Sutter County Public Health would like to remind all of Sutter County residents to take the following precautions NOW to help prevent the spread of the virus:

- **Stay home if you get sick** and limit contact with others to keep from infecting them. If you have a fever, stay home for at least 24 hours after the fever has ended without the use of fever-reducing medications.
- **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it. If a tissue is not available, cough into the crook of your elbow.
- **Wash your hands often with soap and water,** especially after you cough or sneeze. Sutter County Public Health recommends that you wash your hands for 20 seconds. The use of alcohol-based hand sanitizers is also effective, when soap and water are not available.
- **Avoid contact with sick people** whenever possible.
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- **Eat right and get plenty of rest.**

For more information on H1N1 Influenza, visit [www.suttercounty.org](http://www.suttercounty.org)

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1445 Veterans Memorial Circle, P.O. Box 1510
Yuba City, CA 95992

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