

Countywide Services Agency

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Health and Human Services

Division of Public Health

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For Immediate Release

# H1N1 Flu Video Update Available from Sacramento County Public Health

(Sacramento, CA) -- To help keep the public informed on H1N1 flu, Sacramento County Public Health today released a web video updating the public on H1N1 flu.

In the video, Sacramento County Public Health Officer Dr. Glennah Trochet, M.D., covers the basics on the H1N1 flu and how the public can help minimize the spread of the virus. It is important for parents to have a plan in case a child becomes sick, or school closures occur at some point in the future.

The video discusses the recent release by the Centers for Disease Control of guidance for schools, as well as the timeline for expected availability of seasonal and H1N1 vaccines.

Although it is unknown exactly what will happen this flu season, it is important for the public to be prepared in case the H1N1 flu later turns out to be more virulent than the generally mild cases being reported now.

Sacramento County Public Health will continue to keep the public informed with videos, podcasts and print products as new information becomes available throughout the summer and fall.

To view the new video on H1N1 flu, visit the Sacramento County Public Health website at [www.SCPH.com](http://www.SCPH.com) and click on the H1N1 banner.

There is also a home page link to follow SacPublicHealth updates via Twitter.

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