

"We're calling on everyone's civic duty to acknowledge there is a segment of the population that gets very, very sick."

— Vanessa Cordova, Alameda County health department spokeswoman



Crystal Serratos receives the H1N1 vaccine mist at the Davis Street Family Resource Center in San Leandro last week. Maria Serratos, of San Lorenzo, brought her three children in to get the vaccines. Crystal was the last of the siblings to be vaccinated.

Time to roll up your sleeves: Swine flu clinics set to open

Contra Costa, Alameda counties plan to limit dosages of H1N1 treatment to specific groups

By Sandy Kleffman

Despite a severe vaccine shortage, Alameda and Contra Costa counties will hold free swine flu clinics beginning Saturday, but will sharply restrict who is eligible for the coveted shots.

or swine flu, are available nationwide. Millions more doses are expected in coming weeks.

The vaccine is arriving much slower than most health officials had anticipated, especially since 48 states, including California, now have widespread flu activity and people are clamoring for protection.

A clinic in Pleasanton last week drew 878 seekers of the seasonal flu vaccine.

Solano County immunized more than 1,200 people at a Benicia clinic Friday and turned dozens away when the supply ran out.

ONLINE

Join Francie Wise, Contra Costa County communicable disease director and health reporter Sandy Kleffman in a live chat about swine flu at noon Friday. Go to InsideBayArea.com/live-chats.

Is swine flu changing your social habits? We'd like to hear from you. Reach features writer Chuck Barney at cbarney@bayarea.com.

More coverage at InsideBayArea.com/swine-flu.

RESURGENCE OF INFECTION

OAK DEATH ROARS BACK

Devastating tree disease has been lying low in Marin for several years

Plague is as deadly as ever



What is happening to our oaks?

slower spread. Scientists studying the disease, which is known to have 107 susceptible host plants, say the current surge is dying trees



Sudden Oak Death is on move inland

OAK DEATH THREATENS POINT REYES SEASHORE

Life cycle of the organism

Though SOD kills oak trees, it is spread by California bay laurel and other species that serve as foliar hosts — plants that rarely die from the disease but nurture large numbers of pathogen spores in infected leaf tissue. Oaks are actually a dead end for *Phytophthora ramorum*, the fungus-like water



California bay laurel leaves typically become infected with the pathogen on the tips of their leaves where water and dew collect. The toxigenic infection forms thickened leaf tips that may have a dark line with a yellow border at the edge of the infection.

Chlamydospores are just one kind of spores produced by P. They are dormant, long-lasting and primarily found in soil and stream germinate to produce sporangia

Sporangia are structures formed by the pathogen that carry zoospores — self-pro-



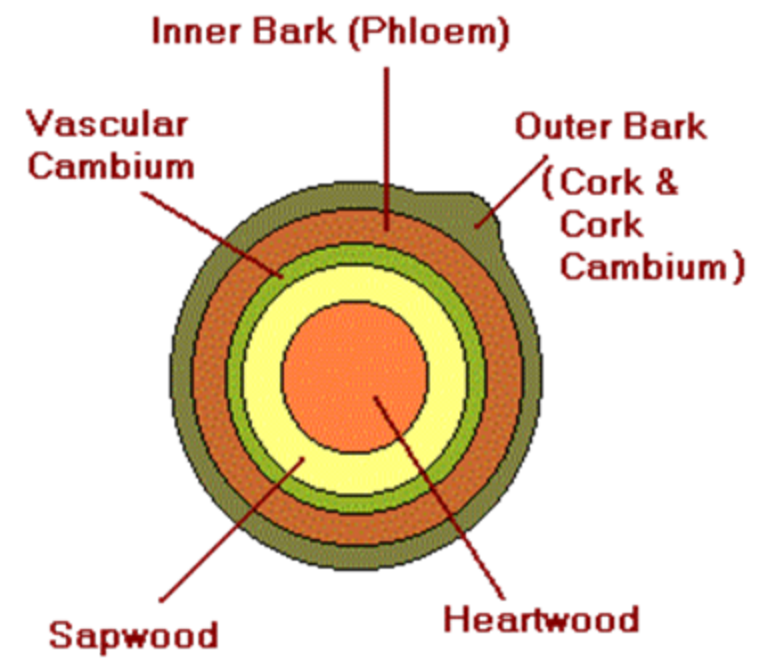
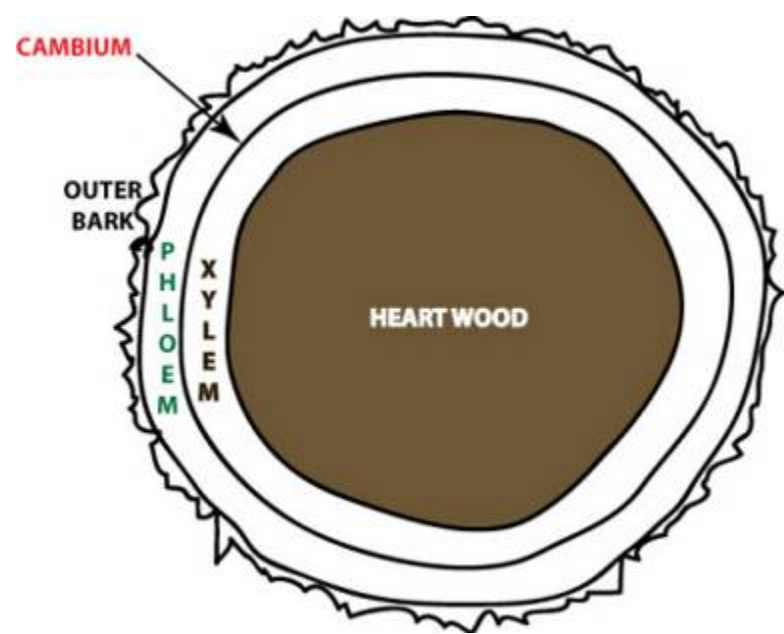
Gloomy outlook on oak death

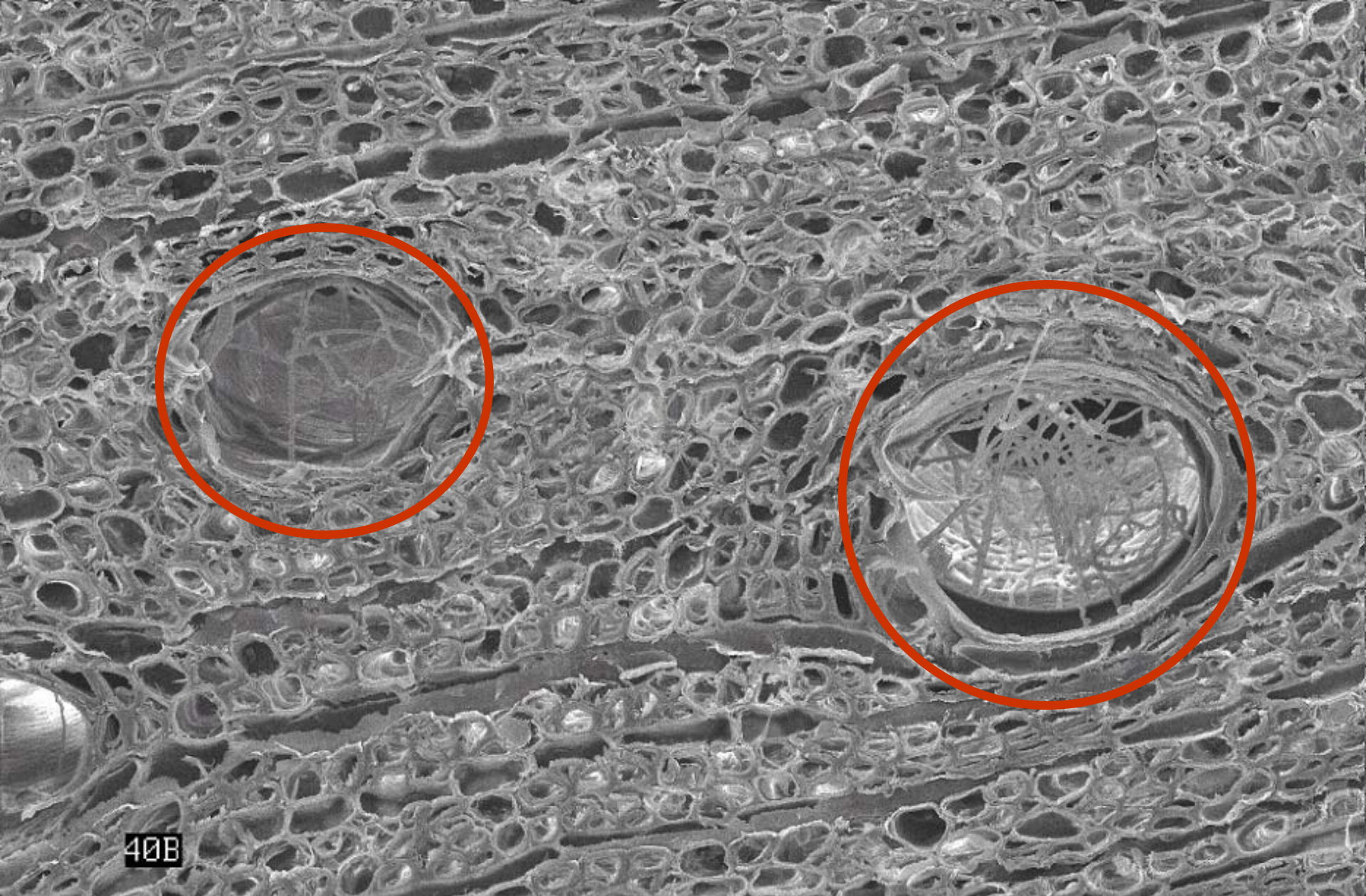
TOP STORY: 'IT'S A BAD COMBINATION'

Dead oaks fuel Big Sur blazes

Sources: U.C. Berkeley, Bay Nature magazine, LI research; photos by Matteo Garbelli

Graphics: Beth Roseberry





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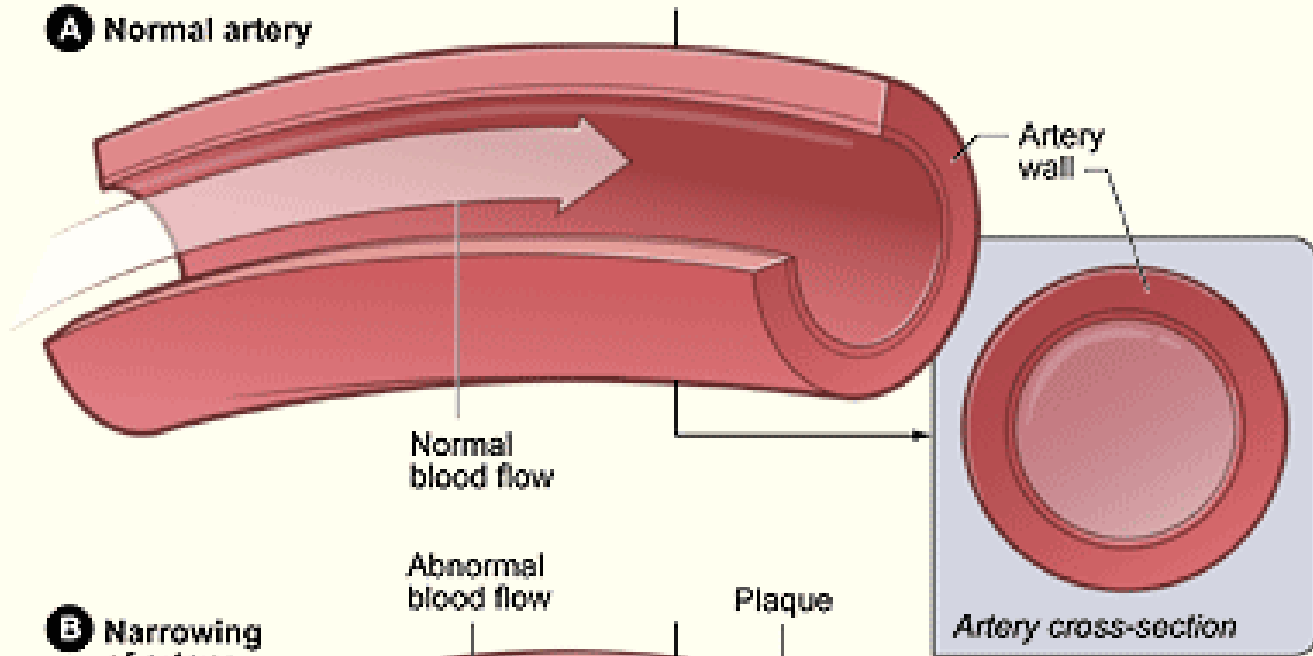
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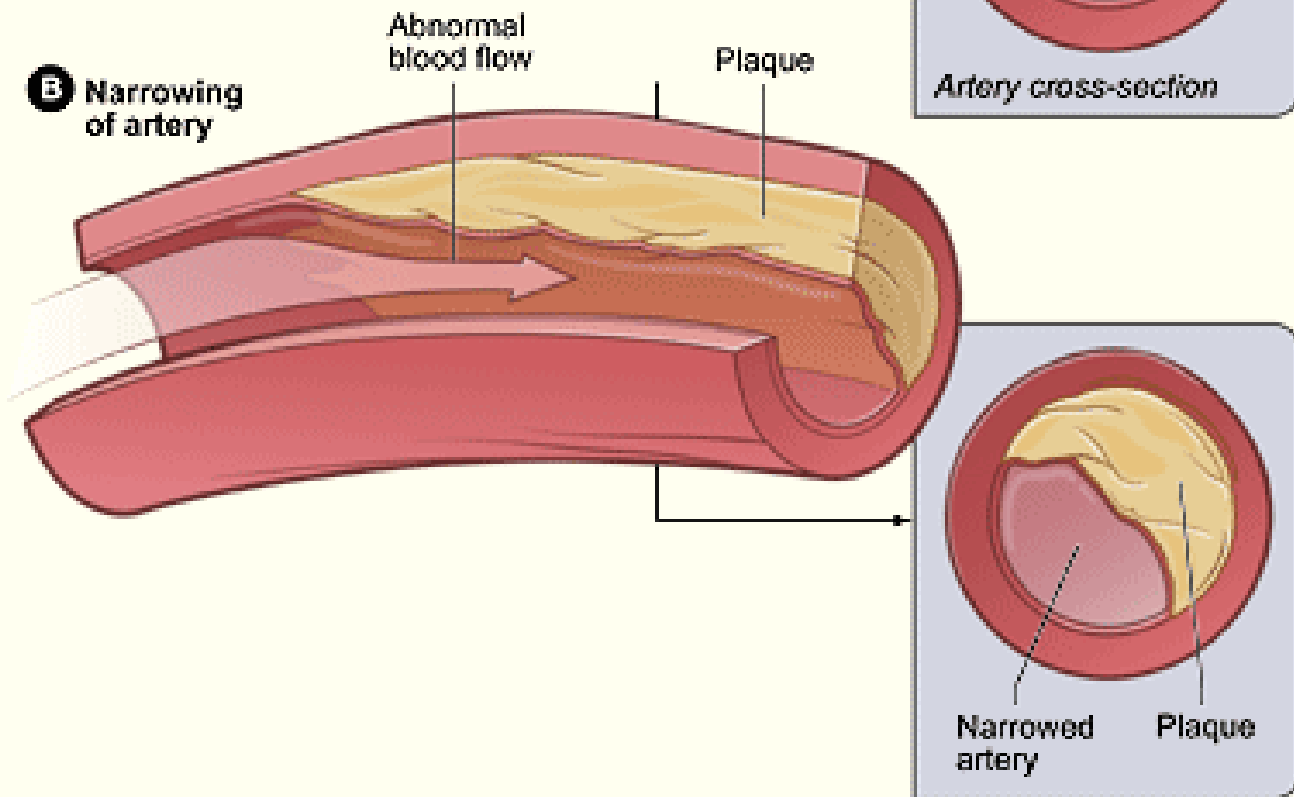
AmRay@OSUEMF

#0001*

A Normal artery



B Narrowing of artery





A Multiplication Quiz

**Bacteria numbers can double
every 20 minutes!**



How many bacteria will result if

1 BACTERIUM

is left at room temperature for 7 hours?

Answer: 2,097,152!



Refrigerate perishable foods quickly!

Map of areas frequently missed during hand washing





Steps to Protect



Yourselves from Influenza

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people. If you get sick, stay home from school and limit contact with others to keep from infecting them. Avoid touching your eyes, nose or mouth.



Trees from Sudden Oak Death

- Clean your shoes after you've hiked through an infested forest, or before you visit a forest that is still uninfested.
- Try to protect susceptible oaks by avoiding close contact with other sick host plants that spread the disease.
- If an oak tree is near an infection center, consider using chemical treatments to help protect it from infections.

