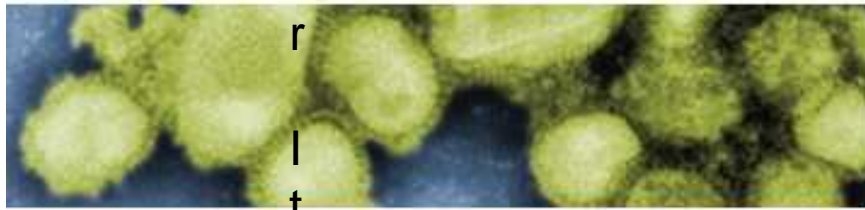


# H1N1 INFLUENZA 2009



Cover it



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# 2009 H1N1 Influenza is a new type of influenza

- It is a combination of swine flu, avian (bird) flu and; human flu viruses
- First detected in people in April, 2009 in Mexico.
- It quickly spread to the U.S. and other countries.
- People are not catching this flu virus from animals. They are catching it from other people.
  - coughing or sneezing creates droplets
  - touching something with flu virus droplets on it and then touching the mouth, nose or eyes.
  - inhaling droplets with very close contact
- New flu viruses, like the H1N1 swine flu virus, pose a threat to society because people have little, if any natural immunity.



## 2009 H1N1 Influenza can effect people differently

- Like seasonal flu, H1N1 swine flu can be mild or severe in different people and may cause a worsening of underlying chronic medical conditions.
- Flu symptoms include:
  - fever (not everyone with flu will have a fever)
  - cough
  - sore throat
  - runny or stuffy nose
  - body aches
  - headache
  - chills
  - fatigue
  - sometimes diarrhea and vomiting
  - symptoms can last 3 to 7 days.
- Fortunately, medical experts currently are working on a vaccine to help fight the H1N1 swine flu virus. The vaccine is anticipated to be available mid-October 2009.
- So far, death rate is similar to seasonal flu.



## Specific groups of people are at a higher risk.

- The CDC has identified 5 groups of people that are at a higher risk for H1N1 swine flu complications or more at risk because of their job which include:
  - pregnant women,
  - household members and caregivers of children under 6 months.
  - health-care and emergency medical services personnel
  - children and young adults ages 6 months to 24 years
  - and people ages 25 to 64 years with underlying medical conditions.
- There have been many cases of H1N1 swine flu in children.
  - Children are in close contact with each other at day care and in schools.
  - Close contact increases the spread of disease.
- H1N1 swine flu has significantly affected young adults 19 to 24 yrs.
  - This group often lives, works, and studies in close proximity.
  - They also are a mobile population that can potentially spread the virus to others.



# What can I do to limit the spread of the H1N1 Swine flu virus?

- **Keep sick at home and contact the doctor.**
  - Stay home until you are free of fever for 24 hours (without fever-reducing medicines).
  - Your doctor may treat your illness with Tamiflu
- **Cover coughs and sneezes.**
  - Use a tissue or inside of the elbow. Dispose of used tissues properly, and then wash hands thoroughly or use an alcohol-based hand sanitizer.
  - Avoid coughing or sneezing into your hands.
- **Wash hands frequently using soap and water.**
  - Use soap and warm, running water or a sanitizer.
  - Hands should always be washed before and after eating and after using the toilet.
  - Scrub all parts of the hand, including fingertips and between fingers, for at least 20 seconds



# What should I do if my child has flu-like symptoms?

- **Contact your health care provider**
  - Bring them home. Contact your health care provider for further instructions.
  - Treatment with Tamiflu (anti-viral medication) may be needed
  - Symptoms of the flu include: fever, body aches, runny or stuffy nose, sore throat, cough, and in some cases nausea, vomiting or diarrhea.
  - Have your child get plenty of bed rest, drink clear liquids like water and sports drinks or oral re-hydration fluids (Pedialyte), use hand sanitizer, and follow the recommendations of your child's health care provider



# What should I do if my child has flu-like symptoms?

- **Keep sick at home.**
  - If they go to school when they are sick, they can spread germs to other people.
  - Have your child avoid close contact with others, including friends and family members.
- **Take care of yourself.**
  - Wash your hands often, and use soap and warm, running water or an alcohol-based hand sanitizer. Always wash hands before and after eating and after using the toilet.
  - Cover your coughs and sneezes, and don't share personal items that could spread germs, including:
    - towels or washcloths;
    - spoons, forks or knives; cups, glasses or straws;
    - toothbrushes.



# What Should Employees Do in the Workplace?

- **Stay home if sick.**
- **Encourage respiratory hygiene and cough etiquette.**
  - Sneeze or cough into sleeve; cover coughs with tissue-throw tissue away; wash hands or use hand sanitizer; clean surfaces shared with others (phones; keyboards, etc.).
- **Advise staff to wash hands frequently** using soap and water or alcohol-based hand gels if soap and water are not available.



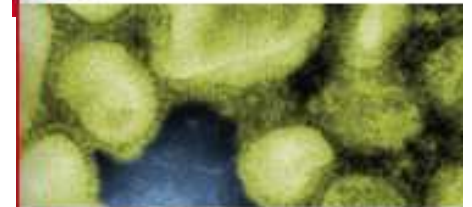
# Should I be vaccinated against H1N1 Influenza?

- **Start with: Those who need it most.**
  - Priority groups-those who are most likely to get sick and have complications or die:
    - pregnant women
    - household members and caregivers of children under 6 months.
    - health-care and emergency medical services personnel (we want them healthy to keep medical services functioning)
    - children and young adults ages 6 months to 24 years
    - and people ages 25 to 64 years with underlying medical conditions.
- **Next: Any one who wants it**
- **Availability-per CDC, beginning in mid-October.**



## Where can I get vaccinated?

- **Go now and get a seasonal (regular) flu shot from your doctor**
  - Now available
  - Regular (seasonal) flu will most likely circulate with H1N1 this winter so you need to be protected against both
- **Find out if your doctor plans to give H1N1 vaccine.**
  - If not, stay tuned to the local media
    - Flu clinics will be given
    - Vaccine will be “pushed out” to area health care providers when available.



# What is the St. Lucie County Health Department advocating for to prevent the spread of H1N1?

- Educating the public about H1N1 swine flu prevention
- Pandemic Planning since 2006: Working closely with St. Lucie County Department of Public Safety; St. Lucie County Fire District; Lawnwood Regional Medical Center & Heart Institute; St. Lucie Medical Center; St. Lucie County School District; St. Lucie County Sheriff's Office; Port St. Lucie Police Department; Ft. Pierce Police Department and other community support agencies.
- Promoting and supporting a mass vaccination effort (Fall-Winter, 2009)



## More Resources

- **Local resources:**
  - [www.stluciecountyhealth.com](http://www.stluciecountyhealth.com)
- **State resources:**
  - [www.myflusafety.com](http://www.myflusafety.com)
  - Florida Influenza information line:  
1-877-352-3581
- **National resources:**
  - [www.cdc.gov](http://www.cdc.gov)
  - [www.flu.gov](http://www.flu.gov)
  - <http://www.cdc.gov/h1n1flu/>

