

H1N1 Flu Info

From: Hernando County Health Department

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352-540-6855 / www.hernandohealth.org

What the Health Department Is Doing

- Working with hospitals and medical providers
- Coordinating with government agencies and emergency services
- Collaborating with schools
- Helping businesses prepare

If You Want More Information

- Visit www.myflusafety.com
- Fla. Dept. Of Health Info Line 1-877-352-3581
- Visit <http://cdc.gov/h1n1flu/>
- Call the CDC at 1-800-232-4636

Flu Symptoms

- Flu-like symptoms include fever with a sore throat or cough. Sometimes nausea, vomiting or diarrhea.
- Your doctor will determine *if* testing or treatment is needed.
- Call your doctor before going to their office so you don't needlessly expose others.

Emergency Warning Signs in Children

Seek immediate medical attention if your child has any of these emergency warning signs:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable the child doesn't want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

How To Stay Safe

- **Stay informed.** Websites are updated regularly
- Flu **spreads person-to-person** through coughing or sneezing of infected people
- **Take everyday actions to stay healthy**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.

- Don't touch your eyes, nose or mouth. Germs spread that way.
- If you get sick, stay home from work or school and limit your contact with others to keep from infecting them.

- Find healthy ways to **deal with stress**

Guidance for Health Care Providers

The Florida Department of Health encourages medical providers to keep up to date on clinical diagnosis and treatment guidelines by visiting http://www.doh.state.fl.us/disease_ctrl/epi/swineflu/index.html

Contact our Epidemiology staff at 352-540-6897 to:

1. Promptly report suspected clusters/outbreaks of flu
2. Submit samples for lab testing (*Effective 7/13/09, State Lab is testing only specimens from patients with life threatening illnesses and specimens from patients who are part of a suspected outbreak.*)
3. Obtain antiviral medicine if regular supplies run short

People at High Risk for H1N1

In general, H1N1 is primarily affecting children and young adults between the ages of 5 and 24 years old. Florida, like the rest of the nation, is seeing very little H1N1 in those over 60 years of age..

Virtually all flu viruses that are currently circulating in Florida are H1N1. The highest percentage of H1N1 related deaths occurred in those over age 45 who had underlying medical conditions. Seventy nine percent of H1N1 related deaths (36 of 48 deaths) have been in people between 25 and 64 years old.

Protect Your Self – Get Vaccinated

Public Health officials anticipate an ample supply of vaccine for both seasonal and H1N1 will be available this fall. The H1N1 vaccine will not replace seasonal flu vaccine. Those at highest risk (pregnant women, children, caregivers and those who live with children 6 months of age and younger, adults 24-64 with chronic medical conditions and healthcare/emergency services workers) will be vaccinated first. Monitor your local media for vaccine availability and information.