

Influenza Prevention

- **Vaccination! Two types of flu vaccine are needed this year: seasonal vaccine and Novel H1N1 vaccine.**
- Avoid close contact with people who are ill. Stay home when you are ill to prevent spreading your illness to others.
- Cover your nose and mouth when coughing or sneezing. Use a tissue, handkerchief, or your sleeve. Dispose of used tissues immediately.
- Don't share anything that goes into the mouth, such as drinking cups, straws and water bottles.
- Clean anything that comes in contact with secretions from the nose or mouth. Routine cleaning agents are sufficient.
- Keep yourself generally healthy. Eat a diet rich in fruits and vegetables, and get at least 7-8 hours of sleep each night.
- Wash hands after touching anything that could be contaminated. Your child may need your help with hand washing.



Emergency Warning Signs

In Children:

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

In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Antivirals (i.e. Tamiflu, Relenza, etc.)

- These medications can be used to treat influenza and require a prescription
- *Most people who are sick do not need antivirals. The vast majority of people will get better without treatment.*
- Antivirals are most effective if taken within the first 48 hours of symptom onset. If you are at high risk of complications (i.e. pregnant, having underlying medical conditions), contact your healthcare provider as soon as you become ill.

Understanding Influenza: Seasonal Flu and 2009 Novel H1N1

VAN BUREN/CASS DISTRICT HEALTH DEPARTMENT



Hartford

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(269) 621-3143

Paw Paw

801 Hazen Street
Paw Paw, MI 49079
(269) 657-5596

Cassopolis

201 M-62 North
Cassopolis, MI 49031
(269) 445-5280

Dowagiac

520 Main St.
Dowagiac, MI 49047

Seasonal Flu and 2009 Novel H1N1

What's the difference between seasonal flu and 2009 Novel H1N1?

- “**Seasonal flu**” refers to the typical flu strains that circulate every year. The seasonal flu vaccine protects only against these strains of the flu.
- “**2009 Novel H1N1**” or “**Swine Flu**” refers to the new strain of influenza first seen in Spring 2009. A separate “2009 H1N1” vaccine is needed for protection.
- Both seasonal and 2009 Novel H1N1 influenza cause similar symptoms and are generally mild.



Vaccination

- This flu season there are two different vaccines available.
- The **seasonal flu** vaccine is recommended for **all people**, especially:
 - ◇ Children 6 months-19 years
 - ◇ Pregnant women
 - ◇ Adults over age 50
 - ◇ Adults with underlying medical conditions
 - ◇ Individuals living in long-term care facilities (i.e nursing homes, rehabilitation facilities, etc.)
 - ◇ Caregivers for people at risk for flu complications
 - ◇ Healthcare Workers

Vaccination (continued)

- The **2009 Novel H1N1** vaccine is recommended for:
 - ◇ Pregnant women
 - ◇ Children/Young Adults 6 months-24 years
 - ◇ Adults 25-64 with underlying medical conditions
 - ◇ Parents/caregivers of infants under 6 months of age
 - ◇ Health care workers with direct patient contact
- When large quantities of the Novel H1N1 vaccine are available, everyone who wants the vaccine should be able to receive it.
- **Injectable Vaccine (Flu Shot)**- both vaccines will be available as an injection.
 - ◇ **Children under 10 years** will require two doses of 2009 Novel H1N1 vaccine and a second dose of seasonal vaccine if this is the first year they are receiving it. There must be three weeks between the first and second doses for each vaccine, but the timing between the two vaccine types doesn't matter. Any person can safely receive both a seasonal flu shot and an H1N1 flu shot the same day.
 - ◇ **All people 10 years and older** will only need one dose each of seasonal and Novel H1N1 vaccine. Again, the time between receiving each shot does not matter and both can be administered the same day.
- **FluMist/Nasal Spray Vaccine**– both vaccines will be available as a nasal spray for use in **healthy** individuals ages 2-49 years.
 - ◇ If you receive one flu vaccine in the form

of nasal spray, you must wait 4 weeks before receiving the other flu vaccine in the form of nasal spray

- ◇ If you receive one flu vaccine as a nasal spray and one as a shot, the timing does not matter (can be received the same day). The order of the vaccines also does not matter.

Spread

- By coughing and sneezing
- By touching your own eyes, nose, and mouth without washing your hands first



Symptoms

- Fever (note that not everyone will experience a fever)
 - Cough or sore throat
 - Often, muscle aches, chills, and headache
 - In some cases, vomiting and/or diarrhea
- Symptoms may begin a few days after exposure to the virus, and could last 7 days. Individuals who have influenza symptoms should **plan on staying home from work and school until 24 hours after your fever has resolved** without the use of fever-reducing medicine.

Stay informed by visiting these websites:

www.vbcassdhd.org
www.michigan.gov/flu
www.cdc.gov