

IT'S FLU SEASON

GET THE FACTS

Overview

- ❑ Winter is considered flu season
- ❑ Lasts from October to May
- ❑ Peak of season usually lasts from end of December to early March
- ❑ Seasonal flu causes average of 36,000 deaths and 200,000 hospitalizations annually

Overview cont.

- Many different viruses circulate through the community during the winter months
 - Influenza
 - Parainfluenza
 - RSV
 - Rhinovirus
 - Many others

H1N1

- H1N1 is novel strain of influenza
- Causes many of the same symptoms as seasonal influenza
- Affects primarily younger population
- First identified in US in April
- Widespread throughout the world
- New virus so majority of population does not have immunity



There is a good chance that you or someone you know will develop flu-like symptoms this flu season

What are Flu-Like Symptoms?

- ❑ Fever of greater than 100.0
- ❑ Cough
- ❑ Sore throat
- ❑ Stuffy or runny nose
- ❑ Body aches
- ❑ Fatigue



If You Develop These Symptoms

- Stay home
- Self- isolate until you are fever-free for 24 hours
- Drink plenty of fluids
- Get lots of rest
- Call your healthcare provider if you are concerned or have questions about treatment

Caring for Sick Family Members

- Delegate one person to care for the sick family member
- Designate individual towels, toothbrushes, etc. for the sick person
- Take extra precautions to prevent unnecessary exposure



When To Go To The Doctor

- Trouble breathing
- Chest pain
- Confusion
- Dizziness
- Flu-like symptoms improve, then return with a fever and worse cough

Testing Sick Patients

- Not everyone needs to be tested
 - Hospitalized patients
 - Patients with symptoms of sepsis
 - Healthcare workers
 - Pregnant women
 - Residents of long term care facilities (prisons, nursing homes, CBRFs, etc)

H1N1 Testing

- Turn around time is 3-7 days
- Very few labs do the actual testing
- Rapid influenza tests are not specified for H1N1 – may give a falsely negative results

Treatment



- Tamiflu
- Treat high risk groups
- Most effective when began within 48 hours of symptoms
- Limits length of symptoms by 24 hours
- Reduces hospitalizations due to complications from the flu

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Ways to keep yourself healthy

Hand Hygiene

Germ Farm



When to Wash

- Wash your hands often with soap and water or use alcohol-based hand sanitizer
 - ▣ After blowing your nose
 - ▣ After sneezing or coughing
 - ▣ After use of the restroom
 - ▣ Before putting anything in to your mouth
 - ▣ After touching your eyes, nose, or mouth

Hand Hygiene Technique

- ❑ Lather hand with soap
- ❑ Vigorously rub all surfaces for 15-30 seconds
- ❑ Rinse hands thoroughly with warm water
- ❑ Dry hands completely with paper towel
- ❑ Use dry paper towel to turn off the faucet



Respiratory Etiquette

Stop the spread of germs that make you and others sick!

Cover your Cough



Clean your Hands

after coughing or sneezing.



- Cover your cough
- Cover your sneeze
- Throw away tissues after use
- Wear a mask if you have a cough



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Vaccines

H1N1 Vaccine

- Specific vaccine against H1N1 virus
- Made by the same companies that make seasonal flu vaccine
- Made using the same processes as seasonal flu vaccine

H1N1 Vaccine

Injectable

- ❑ Made with inactivated virus
- ❑ Injected into the muscle
- ❑ Some injectables contain preservatives.
- ❑ Can be used to vaccinate anyone

Intranasal

- ❑ Made with a live attenuated virus
- ❑ Sprayed into the nose
- ❑ Produces a slightly better immune response
- ❑ Contains no preservatives
- ❑ Only used on people who meet certain criteria

Who Should Receive H1N1 Intranasal Vaccine

- Between the ages of 2 and 49
- Not pregnant
- No underlying chronic health conditions
- Does not care or have contact with people who are SEVERELY immunocompromised

Target Groups for H1N1 Vaccine

- Priority groups to get the vaccine first
 - Pregnant women
 - Healthcare workers/EMS
 - Children under 18 with severe immune deficiency
 - Children under 4 with chronic underlying conditions
 - Caregivers/parents of children under 6 months

H1N1 Vaccine: Fact vs. Fiction

- Fiction:

H1N1 vaccine is dangerous

- Fact:

H1N1 vaccine is safe and uses the same production processes as seasonal flu vaccine

H1N1 Vaccine: Fact vs. Fiction

- Fiction:

After receiving the intranasal vaccine, you must stay home for 4 days

- Fact:

You do not have to miss any work after receiving the intranasal vaccine

H1N1 Vaccine: Fact vs. Fiction

- Fiction:

H1N1 vaccine has many negative side effects

- Fact:

H1N1 vaccine has the same side effects as seasonal flu vaccine

For Further Information

- www.flu.gov
- 211
- Ripon Medical Center – Infection Control
 - (920) 748 9125
- Fond du Lac County Health Department
 - www.fdlco.wi.gov
 - (920) 929 3085

Questions?



“C’mon guys! Isn’t this going a little too far?”