

Healthy Actions: Tips for Families to prevent the spread of Influenza



The Monmouth County Health
Department



Seasonal Flu

Influenza Pandemic

H1N1

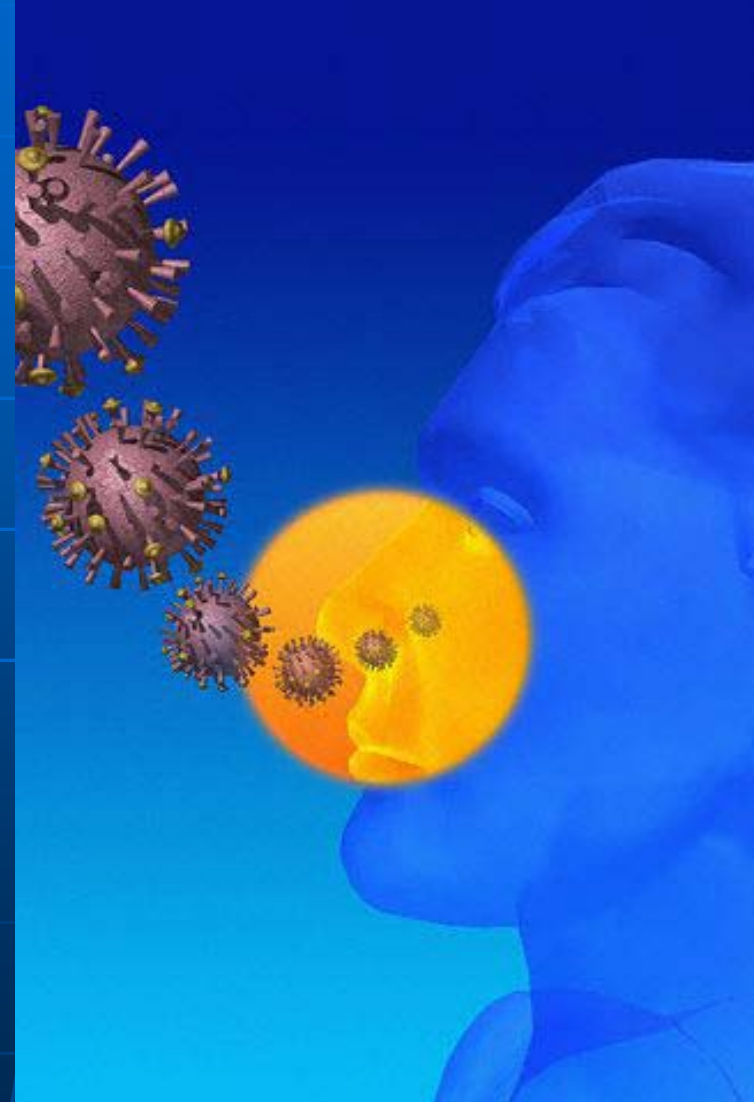


What you will learn...

- Differences between seasonal and pandemic flu
- Characteristics of the 2009 H1N1 Flu Virus
- Steps you can take to prevent the spread of respiratory illnesses
- Where to locate *reliable* information about the flu

Seasonal Influenza

- Occurs annually, Oct. – April
- People can spread flu before they feel sick!
- 36,000 die and 200,000 hospitalized
- Elderly, people with weak immune systems and young children most vulnerable
- Vaccine preventable



What is the difference between an *epidemic* and a *pandemic*?

- Epidemic = community or regional outbreak of an infectious disease
- Pandemic = global epidemic



Seasonal Influenza and Pandemic Influenza are Different

Seasonal Flu

- Predictable
- Occurs each year during winter
- Vaccine usually available

Pandemic Flu

- Unpredictable
- May occur anytime
- No vaccine available during early stages

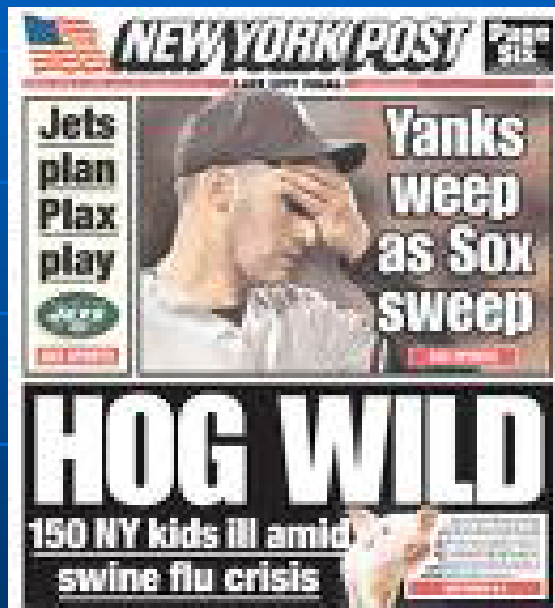


What Causes a Flu Pandemic?

- New strain of a virus
- Ability to cause serious disease and death in humans
- Easy person-to-person spread



Today's 2009 H1N1 Flu Pandemic



What is H1N1?

- A new influenza virus causing illness in people.
- First detected in the US in April 2009
- Spreads from person-to-person, similar to spread of seasonal influenza





How severe is H1N1?

- CDC is studying the medical histories of people who have been infected with this virus
- Some people may be at greater risk from infection, serious illness or hospitalization
- In seasonal flu, there are certain people that are at higher risk of serious flu-related complications



How is the H1N1 Virus Transmitted?

- Through contact with a person with the flu
- Through contact with an environment contaminated with the H1N1 virus
- Through contact with infected pigs

You cannot get this flu from handling or eating pork or pork products.

How long can a person spread the illness?

- At the current time, CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses
- With seasonal flu, people may be contagious from one day before they develop symptoms to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.

How long can the virus live on surfaces?

- Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface.

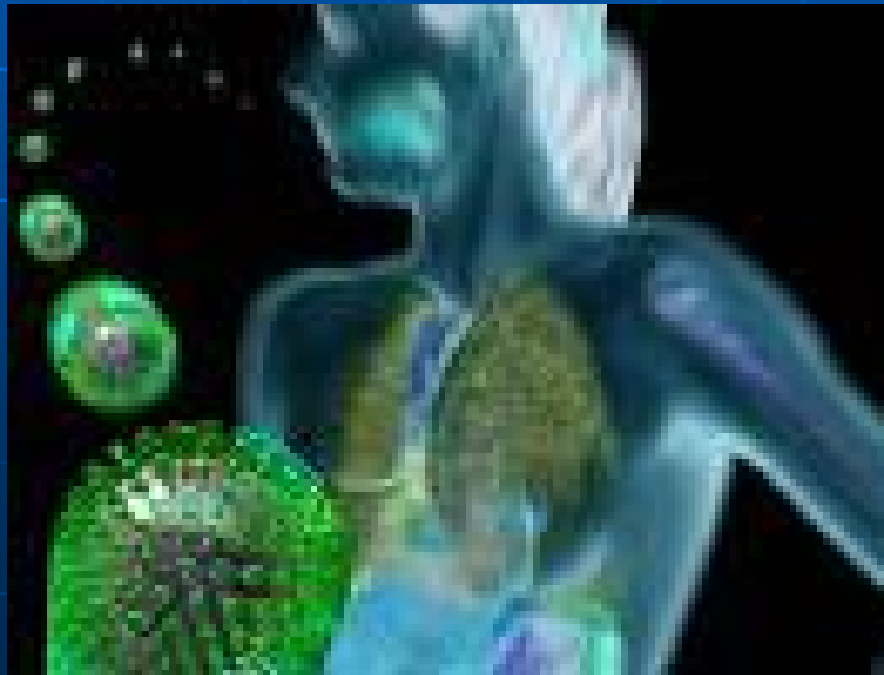


What kills the virus?

- **Heat** (167-212°F [75-100°C]).
- **Chemical Germicides**, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective
- **Wipes or Gels** with 60% alcohol (for cleaning hands)

Confirmed H1N1 Cases 7/29/09

- United States: 27,717
 - Deaths 353
- New Jersey: 960
 - Deaths 15



Symptoms of 2009 H1N1 Flu in Humans are:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue (tiredness)

Some people have reported:

- Diarrhea
- Vomiting



If sick...

- **Stay home and avoid contact with other people**
- **If severely ill, or at risk for flu complications, *seek medical care***



If sick...

- Get plenty of rest
- Drink clear fluids
- Warning!
Do not give aspirin (acetylsalicylic acid) to children or teenagers who have the flu

If sick...

- **Cover coughs and sneezes & wash hands afterward**
- **Be watchful for emergency warning signs—signs that medical attention is needed**

Signs That Emergency Medical Attention is Needed

■ In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Irritability
- Flu-like symptoms improve then worsen with fever & cough
- Fever with rash



Signs That Emergency Medical Attention is Needed

■ In adults:

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



Current Situation

- The Monmouth County Health Department closely monitors the H1N1 influenza situation
- Hospitals, health care providers and state agencies monitor the health of citizens
- County departments continue to work together to coordinate efforts for prevention and treatment of pandemic flu

Tools in Our Toolbox



- Pandemic vaccine
 - Likely unavailable during the first wave of a pandemic
- Antiviral medications
 - Effectiveness
 - Quantities
 - Distribution issues





H1N1 Vaccination Efforts

Focus on these key populations:

1. Pregnant women
2. People who live with or care for children younger than 6 months of age
3. Health care and emergency services personnel
4. Persons between the ages of 6 months and 24 years of age
5. People from ages 25 through 64 years who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems

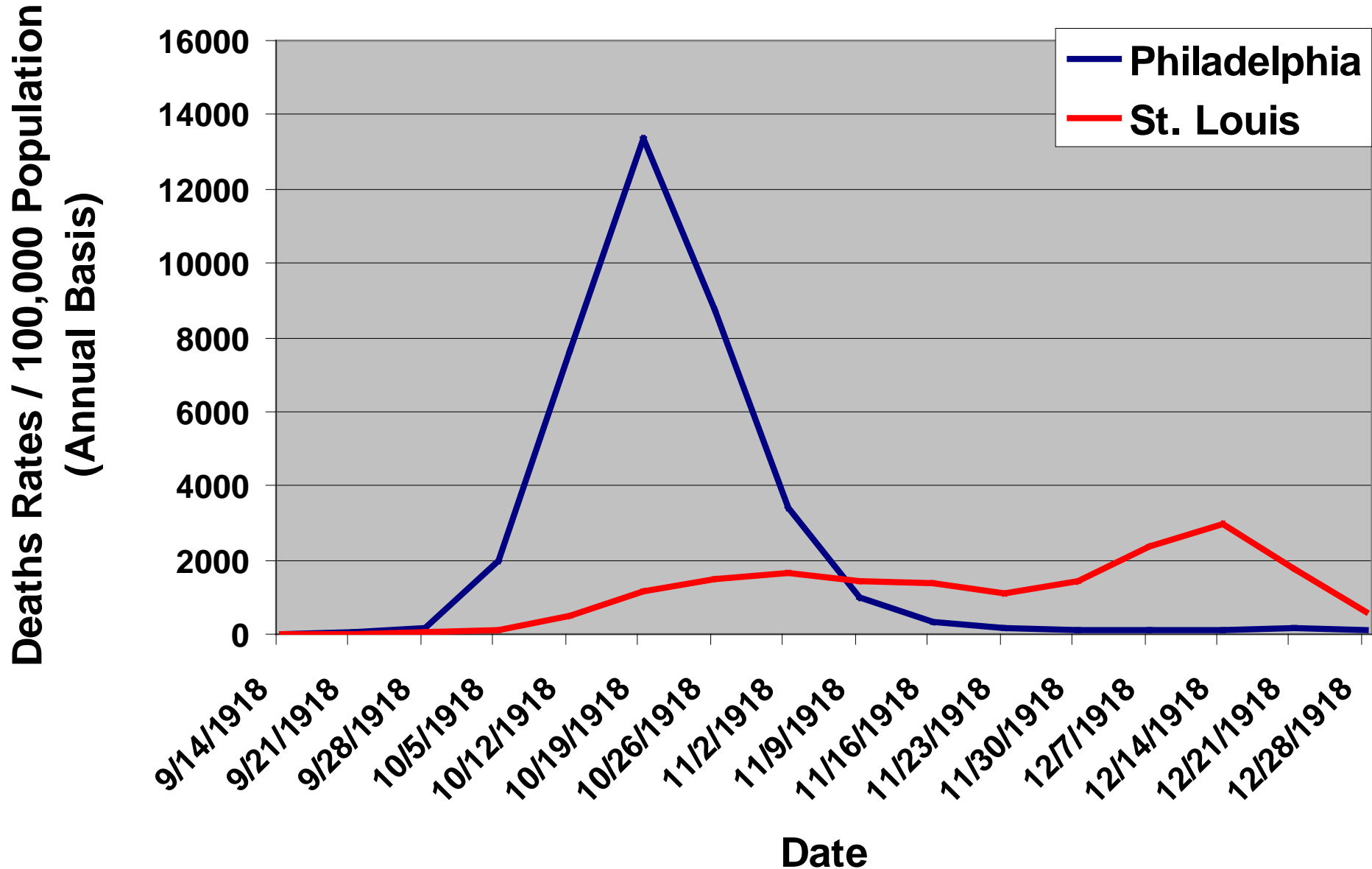


Community Strategies

Social Distancing

- To decrease contact between healthy and infected people
 - Voluntary home confinement
 - Isolation and Treatment
 - Cancellation of public events
 - Closure of public places and schools
 - Restrictions on travel
 - Closure of mass transit systems

1918 Death Rates: Philadelphia v St. Louis



**NJ is preparing for a flu pandemic.
You should too.**

Get flu ready, New Jersey

- Have a family emergency plan
- Practice healthy habits
- Keep informed and listen to advice from medical experts





Have a Family Emergency Plan

- Keep a supply of food, water, and other daily essentials
- Keep a supply of medical, health, and emergency items
- Talk with family members about how to care for each other if sick

Practice Healthy Habits



- Cover mouth and nose when you cough or sneeze
- Don't touch your face
- Stay home if you are sick
- Wash your hands often

Wash Your Hands



Wet



Soap



Scrub



Rinse



Dry



Turn the Water Off

How long should I wash?

As long as it takes to sing your ABC's!

Challenges

Personal

**School
Work
Goods
Services
Medical Care
Travel
Information**

Community

**Community
Services
Business
Civil Order**

Health Care

**Workforce
System
Overwhelmed
Medications
Vaccines**



Conclusions

- Seasonal and 2009 H1N1 influenza are different
- Vaccine can largely prevent seasonal flu
- Washing hands, covering coughs/sneezes prevent spread of flu, and staying home when sick
- Federal, state, and local public health agencies are reliable sources of information



Keep informed and listen to advice from medical experts

Federal

www.pandemicflu.gov/h1n1flu

State

www.njflupandemic.gov

Local www.visitmonmouth.com/health

and don't do this...

