



The Monmouth County Board of Health

**Monmouth County
Board of Chosen
Freeholders**

3435 HIGHWAY 9
FREEHOLD, NEW JERSEY 07728-1255

TELEPHONE (732) 431-7456
FAX (732) 409-7579

Michael A. Meddis, M.P.H.
Public Health Coordinator
And
Health Officer

Key Facts about the Seasonal Influenza and Novel H1N1 (Swine Flu)

Seasonal Flu	Novel H1N1 Virus
<p align="center">Disease Background</p> <p>The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Seasonal flu is virus we have identified previously.</p> <p>Every year in the United States, on average:</p> <ul style="list-style-type: none"> • 5% to 20% of the population gets the flu; • More than 200,000 people are hospitalized from flu-related complications; and • Approximately 36,000 people die from flu-related causes. 	<p align="center">Disease Background</p> <p>Novel H1N1 flu was discovered in April, 2009 and is a new influenza virus that is spreading worldwide among people.</p> <p>Influenza is unpredictable, but scientists believe that the new H1N1 virus will cause illness, hospital stays and deaths in the United States over the coming months.</p>
<p align="center">Symptoms</p> <p>Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.</p>	<p align="center">Symptoms</p> <p>Symptoms of seasonal flu and novel H1N1 flu include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. In cases of H1N1, some people also may have vomiting and diarrhea.</p>
<p align="center">How Does the Flu Spread?</p> <p>Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.</p>	<p align="center">How Does the Flu Spread?</p> <p>Both novel H1N1 flu and seasonal flu are thought to spread mostly from person to person through the coughs and sneezes of people who are sick with influenza. People also may get sick by touching something with flu viruses on it and then touching their mouth or nose.</p>
<p align="center">How long can a sick person spread the flu?</p> <p>People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems</p>	<p align="center">How long can a sick person spread the flu?</p> <p>People infected with seasonal and novel H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems</p>

Vaccine Recommendations

Vaccination to prevent influenza is particularly important for the following persons, who are at increased risk for severe complications from influenza, or at higher risk for influenza-related outpatient, ED, or hospital visits:

- ❖ all children aged 6 months--4 years (59 months);
- ❖ all persons aged ≥ 50 years;
- ❖ children and adolescents (aged 6 months--18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection;
- ❖ women who will be pregnant during the influenza season;
- ❖ adults and children who have chronic pulmonary (including asthma) or cardiovascular (except hypertension), renal, hepatic, neurological/neuromuscular, hematologic, or metabolic disorders (including diabetes mellitus);
- ❖ adults and children who have immunosuppression (caused by medications or by HIV); and
- ❖ residents of nursing homes and other long-term--care facilities

In previously unvaccinated persons aged <9 years, 2 doses of seasonal influenza vaccine are required to induce immunity.

There are separate vaccines for seasonal and H1N1 influenza, and a seasonal vaccine will have no value in preventing the H1N1 virus

Vaccine Recommendations

There is no vaccine available right now to protect against novel H1N1 virus. However, a novel H1N1 vaccine is currently in production and may be ready for the public in the fall.

When vaccine is first available, ACIP recommends that programs and providers administer vaccine to persons in the following five target groups:

- ❖ pregnant women,
- ❖ persons who live with or provide care for infants aged <6 months (e.g., parents, siblings, and daycare providers),
- ❖ health-care and emergency medical services personnel,§
- ❖ persons aged 6 months--24 years, and
- ❖ persons aged 25--64 years who have medical conditions that put them at higher risk for influenza-related complications.¶

Ongoing studies will provide additional information about the immune response vaccine, including which groups might need 2 doses.

There are separate vaccines for seasonal and H1N1 influenza, and a seasonal vaccine will have no value in preventing the H1N1 virus

What can I do to protect myself from getting sick?

Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners* are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.
- STAY INFORMED: www.visitmonmouth.com and www.flu.gov for up to date information.

**For more information, call Monmouth County Health Department
732-431-7456 or visit our website at www.visitmonmouth.com**