

All About H1N1 Flu

Flu is a serious, contagious disease which kills some 36,000 Americans every year. But there is a new and very different flu virus spreading worldwide that was first confirmed in the United States in April, 2009.

H1N1 Flu, sometimes called “Swine Flu,” is a new strain that has been declared a worldwide pandemic by the World Health Organization. It caused a “second flu season” in the Sacramento region during the summer of 2009, resulting in illness, hospitalizations and even deaths. Most people recover quickly from H1N1 Flu, but health officials are concerned about its potential to cause severe illness in some people.

Here’s how you can protect yourself and others:

Vaccinate!

- Get vaccinated against seasonal influenza as soon as possible. Vaccines are available from your health care provider as well as community flu clinics and some drug stores. Visit www.SCPH.com to find the locations of Sacramento County flu clinics.

- Get vaccinated against H1N1 flu when a vaccination is available. Initially the vaccine will be given to those at high risk for H1N1.

Know the Symptoms of Flu!

- Dry cough or sore throat
- Extreme tiredness
- Runny or stuffy nose
- Muscle aches
- High fever
- Vomiting
- Diarrhea
- Headache

If You Do Get Sick...

- Stay at home until at least 24 hours after your fever is gone without the use of anti-fever medications.
- Take antiviral drugs if prescribed by your doctor. Antiviral drugs can make your illness milder and help you feel better faster.
- If you have a chronic illness that might put you at risk for complications, or if you start to feel better then get worse, contact your doctor right away.

Stay Informed!

- Stay in touch with radio, television and newspaper coverage about H1N1 Flu developments that could affect you.
- Visit Sacramento County Public Health’s Web site at www.SCPH.com for information and links to state/federal H1N1 Flu web sites.
- Sign up for timely Twitter notifications at www.twitter.com/SacPublicHealth.

Prevention: Clean and Simple!

It’s a fact that simple hygiene practices can help prevent the flu



Wash your hands frequently with soap and warm water or use hand sanitizer if soap is not available.



Use tissues to cover your mouth and nose when you cough or sneeze, and insist that others do so also. If a tissue is not available, use your sleeve.



Avoid close contact with people who are sick.



Stay home from school or work and away from others when you are sick.

If H1N1 Flu Hits Us Severely

The H1N1 Flu is already here. But if it begins to strike even larger numbers of people in Sacramento County, Public Health officials could ask you to take steps to limit its spread. In the worst cases, it could involve the dismissal of schools or cancellation of public gatherings. In the event that such measures need to be taken, there are some things you should think about to plan ahead.

Make a Plan for Work and School

- If you depend on public transportation, make a plan for an alternative way to get to school or work in case public transit is closed for a period of time.
 - If you have children attending school, learn their school's plan for dealing with an H1N1 flu outbreak, and identify who can watch your children if schools are dismissed.
 - Discuss with your boss what plans are being developed at work to continue doing business while protecting you and your co-workers.
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Be Ready to Take Care of Someone Who is Sick at Home

- The sick person should stay in a different room from healthy family members and wear a mask or disposable respirator when others are present.
- Commonly-shared surfaces such as door handles, toilet seats, refrigerator handles, etc., should be wiped down daily with household cleaners.
- Place tissue boxes in all rooms.

Make a Plan in Case You and Your Family Have to Stay Home for Several Weeks During the H1N1 Pandemic

- Identify people who can help you with food and supplies if you and your family are ill. Create a telephone, e-mail or text-message network of people who live nearby.
- Talk with neighbors, family and friends about helping each other in case of a severe pandemic.
- Keep a copy of family members' and neighbors' numbers by the phone and in your wallet.

Preparing for H1N1 Flu (Swine Flu)



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PUBLIC HEALTH

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