



September 3, 2009

H1N1 Information

As we begin the new school year we are hearing more and more about a new virus that is causing great concern for public health officials worldwide. According to the Centers for Disease Control (CDC) in Atlanta, Georgia, Novel H1N1 (previously referred to as “swine flu”) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway. So, we now need to prepare for seasonal flu and H1N1 flu.

The spread of novel H1N1 virus most likely occurs in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose. This is why frequent handwashing and covering your cough with your sleeve or a tissue, NOT your hands, is always very important to remember!

The symptoms of novel H1N1 flu virus in people include

- Fever (a temperature greater than or equal to 100° F.)
- Cough
- Sore Throat
- Runny or Stuffy Nose
- Body Aches, Headache, Chills and Fatigue

And for many people

- diarrhea and vomiting.

Severe illnesses and death has occurred as a result of illness associated with this virus.

What can families, students, and school personnel do to keep from getting sick and spreading the flu?

1. Wash your hands often with soap and water, for 20 seconds at least. Alcohol based hand cleaners are also effective.
2. Cover your mouth and nose with a tissue when you sneeze, then throw it away and wash your hands. If you have no tissues, cough into your sleeve.
3. Stay away from people who are sick.
4. ***Stay home when you are sick.*** Stay home for at least 24 hours after the fever is gone without the use of medications which contain ibuprofen or acetaminophen.

****The best way to protect yourself, your family, and everyone around you is to get immunized when the vaccine becomes available. The Zanesville-Muskingum County Health Department is preparing for the annual seasonal influenza clinics on October 1 and also for H1N1 immunizations. More information will follow at this site as the details are released.**

For complete information: www.flu.gov

For more information for parents: <http://www.cdc.gov/h1n1flu/schools/toolkit/parentfactsheet2.htm>

You can call the CDC 24 hours/day every day: 1 800 CDC INFO (232-4636)

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