

Patient Information: What to Do About the Flu

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The H1N1 Flu Vaccine will be available in October.

Who will be recommended to receive the 2009 H1N1 vaccine?

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency medical services personnel with direct patient contact, people 6 months through 24 years of age, and people 25-64 with chronic medical conditions. The H1N1 flu vaccine is not intended to be a substitute for the seasonal flu vaccine.

We do not expect that there will be a shortage of 2009 H1N1 vaccine, but availability and demand can be unpredictable. There is some possibility that initially the vaccine will be available in limited quantities.

The Mason County Health Department will release H1N1 vaccine information as soon as it is available.

Getting a seasonal flu vaccine is recommended as soon as possible. The Health Department will provide a seasonal flu clinic on Oct 5, 2009 at the Shelton Senior Center located at 825 W. Railroad Ave between 9-11:30AM and 1:30-3:30PM.

The cost is \$28.00

Medicaid and Medicare accepted.

No HMO payments

Seasonal flu vaccines are also available at Safeway, Wal-Mart and the Medicine Shoppe in Shelton and Safeway, QFC and Rite Aid in Belfair.

Please call them directly for dates and times.

YOU DO NOT HAVE TO GET THE FLU!

- ◆ Protect Yourself, your Family, and Community. Stay informed.
- ◆ Cover your cough or sneeze. Wash your hands often.
- ◆ Avoid touching your eyes, nose and mouth without washing your hands.
- ◆ Stay at least 3 - 6 feet away from folks who are coughing and sneezing.
- ◆ Get a yearly flu shot when it is available. This can help prevent seasonal influenza.
- ◆ H1N1 Vaccine will be available later this fall 2009.

Symptoms same for all flu (Swine flu and Seasonal flu)

- ◆ Sudden high fever over 100°F, cough, sore throat, runny or stuffy nose, body aches, headache, chills. In addition to fever and cough, a few people also have vomiting and diarrhea with flu.
- ◆ Symptoms last for 4– 5 days, tiredness and cough may last longer.
- ◆ Contagious for up to 7 days after symptoms begins. Contagious longer in young children and immune compromised. In theory, one day before illness, people can be contagious but since they are not coughing or sneezing, exposure is less likely.
- ◆ Incubation period is 1-7 days

If you are Sick

- ◆ Drink plenty of fluids and stay away from others.
- ◆ Cover your cough and wash your hands.

- ◆ Stay home until fever free for at least 24 hours without taking any fever reliever.
- ◆ If you have to get medical care, wear a mask or cover your cough and sneezes with a tissue

Signs of Possible Severe Illness (Call your Doctor for advice)

- ◆ Trouble breathing, difficulty breathing or shortness of breath.
- ◆ Severe or persistent vomiting, cannot keep fluids down.
- ◆ Confusion, Sudden dizziness, cannot stand up without being dizzy.
- ◆ Chest Pain
- ◆ For children, being so irritable that they do not want to be held.

Testing and Treatment

- ◆ Doctors make the diagnosis of influenza based on your symptoms. It is not necessary to test.
- ◆ Most people will get better without any medical care or treatment.
- ◆ Make sure you take plenty of fluids and know signs of more severe illness.
- ◆ Antiviral medications and preventive treatment is recommended for those at high risk of severe illness due to influenza.
 - Antiviral medications may have side effects, especially in young children, and should not be used unless needed.
- ◆ Your Doctor will decide if you need to be tested or treated.

People at Higher Risk of Severe Illness Due to Influenza

- ◆ Children younger than 5 years old.
- ◆ Pregnant women.
- ◆ People of any age with chronic medical conditions (such as asthma, diabetes, kidney, liver, neuromuscular, or heart disease), and people who are immunosuppressed (e.g., taking steroid medications daily, on treatment for cancer, immunosuppressive medications, infected with HIV).

For most up-to-date information see "Swine Flu" on our website: www.co.mason.wa.us

Or call the The Mason County Flu Line at 427-9670 x 599