



## Allen County Health Department

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**Public Health**  
Prevent. Promote. Protect.

# Public Health Flu Update

**From:** David Rosebrock, MPH  
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## Update as of October 8, 2009

- Activity Update
- 2009 H1N1 Vaccine (Swine Flu)
- Seasonal Influenza (Flu) Vaccine
- Community Guidance

### Activity Update for Allen County:

- The Allen County Health Department has received a report this week of a confirmed case of H1N1 flu in a school-aged child. The child has returned to school.
- This confirms what we already knew – H1N1 is in Allen County.
- Flu activity remains widespread throughout Ohio.

### 2009 H1N1 Vaccine

- A small amount of H1N1 vaccine in the form of flu mist will arrive in Allen County within the next week.
- We are following the state recommendation and making this first small shipment available to healthcare providers who have direct patient contact.
- We ask members of the public who want to receive the H1N1 vaccine to be patient as this program begins. Our goal is to protect the people in our community who are at highest risk from the flu as quickly as we can.
- The first supplies of H1N1 vaccine are just now coming to Allen County, but supplies are small to begin with and may vary widely these first few weeks. Eventually there should be enough vaccine for everyone who would like to get it.
- Our plans include working with local physicians who are interested in giving H1N1 vaccine to their patients. We are working with schools and colleges to schedule school-based clinics for students. We also have plans to make the vaccine available through special clinics in the community.
- Vaccine is one tool we can use to prevent the flu, but there are other everyday actions we can take to protect ourselves and prevent the spread of germs – washing hands often, covering coughs and sneezes, avoid touching eyes, nose and mouth, and staying home if you are sick.

### Seasonal Influenza (Flu) Vaccine

- Flu is unpredictable. Most of the flu being reported around the country is 2009 H1N1 flu, but we may see more seasonal flu viruses going around later in the season. Get a seasonal flu shot now.

## Community Guidance:

- If you or your child is sick, you may never know if it is H1N1 flu or not. Most people with flu symptoms do not need a test for 2009 H1N1 flu.
- Most people with the 2009 H1N1 flu have had mild illness and have not needed medical care. Test results usually do not change the treatment.
- Some people should seek medical care at the first sign of flu symptoms: People who have a chronic condition such as diabetes, heart disease, asthma, or emphysema, or are pregnant should contact their health care provider right away if they develop flu-like symptoms. If people have severe illness, they should also contact their health care provider or seek medical care right away.
- Emergency warning signs to watch for if you or your child is sick:

For adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

For children, call or take your child to a doctor right away if your child of any age has:

- Other conditions like heart or lung disease, diabetes, or asthma and develops flu symptoms, including a fever and/or cough.
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

We have more information on our website (see below) with links to the state and CDC.

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### For more information about H1N1 (Swine) Flu:

- Allen County Health Department website: [http://www.allencountyhealthdepartment.org/know\\_what\\_to\\_do.htm](http://www.allencountyhealthdepartment.org/know_what_to_do.htm)
- CDC website: <http://www.cdc.gov/h1n1flu/> and CDC Information Line: 1-800-CDC-INFO
- “Ask the Expert” – available through the *flu.gov* website: <http://www.flu.gov/faq/ask.html>
- Ohio Department of Health: [www.odh.ohio.gov](http://www.odh.ohio.gov) ; Ohio H1N1 (swine) Flu Information Line: 1-866-800-