



Allen County Health Department

David L. Rosebrock, MPH, Health Commissioner
219 East Market Street
P.O. Box 1503
Lima, Ohio 45802-1503
<http://www.allencountyhealthdepartment.org>



Public Health
Prevent. Promote. Protect.

Public Health Flu Update

From: David Rosebrock, MPH
Health Commissioner
Phone: 419-228-4457

Update as of October 22, 2009

- Activity Update – Local and National
- 2009 H1N1 Vaccine (Swine Flu) – Health Department Activities
- 2009 H1N1 Vaccine News
- Community Guidance

Activity Update Local and National:

- It is difficult to know how many people in Allen County have had the H1N1 flu. It is not a reportable disease, and most people who have had H1N1 recover without seeking medical care. We now have several confirmed cases, and know we have many more that were not tested.
- Locally, our schools have reported an increase in the number of children with flu-like symptoms including fever, headache and cough. In addition, reports from disease monitoring systems show an increase in visits to local emergency rooms for respiratory and flu-like symptoms.
- Nationwide, visits to doctors for influenza-like-illness continued to increase and are now about equal to or higher than what is seen at the peak of many regular flu seasons, and flu-related hospitalizations are above what is expected for this time of year.

2009 H1N1 Vaccine – Health Department Activities

- H1N1 vaccine has been arriving in area health care providers' offices this week. Several local obstetricians, pediatricians, family practice physicians and other health care providers will be administering the vaccine along with the Health Department.
- The Health Department started scheduling appointments for people who fall into the target priority groups* and who cannot get the vaccine through their health care provider. The response has been overwhelming.
- More doses are expected for shipment each week. We ask members of the public who want to receive this vaccine to be patient as this program expands and more vaccine becomes available. We anticipate having enough vaccine available for anyone who wishes to receive it over the coming weeks.
- The Health Department is working with local schools (K-12) and colleges to offer vaccine at the schools to make it more convenient for children and young adults to receive the vaccine.
- People can pre-register for the H1N1 vaccine and stay up-to-date on vaccine availability from our website: www.allencountyhealthdepartment.org. This site allows you to print out papers to take with you when you go to be vaccinated.

H1N1 Vaccine News

- We are pleased so many people are interested in protecting themselves with the vaccine and we wish we had more available to administer.
- We knew that availability of the vaccine was going to be a challenge, but we wanted to start administering the vaccine, knowing that it would allow us to start protecting people against this disease as soon as possible.
- There will likely be bumps along the way, but we are optimistic that we will achieve our goal of making the 2009 H1N1 vaccine available to all of those who need and want it.

***The target priority groups for vaccine at this time** includes: pregnant women; people who live with or care for children less than 6 months; all people 6 months to 24 years; health care and emergency services personnel; and people 25 to 64 years with chronic medical conditions.

People who are **not** in these targeted priority groups will have other opportunities to get the vaccine as more becomes available this fall. There is plenty of time to get vaccinated for those who are not at higher risk.

Community Guidance:

- Most people with the 2009 H1N1 flu have had mild illness and have not needed medical care, and the same is true of seasonal flu. Hospital emergency rooms should only be used for people who are very sick.
- **Tips for caring for yourself at home if you have flu-like symptoms:**
 - Stay home and rest – People should stay home for 24 hours after their fever is gone without the use of fever reducing medicine.
 - Drink plenty of clear liquids to keep from being dehydrated.
 - Limit your exposure to others – try to stay away from others in your household as much as possible and be sure to wash your hands and cover your coughs and sneezes.
 - Call your health care provider if you are seriously ill or have underlying health problems such as asthma, diabetes, heart disease or similar conditions.

For more information about H1N1 (Swine) Flu:

- Allen County Health Department website: <http://www.allencountyhealthdepartment.org>
- CDC website: <http://www.cdc.gov/h1n1flu/> and CDC Information Line: 1-800-CDC-INFO
- Ohio H1N1 (swine) Flu Information Line: 1-866-800-1404, 8:00 am – 9:00 pm, Monday – Friday;
- Ohio Department of Health website: www.odh.ohio.gov