



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 December 18, 2009

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

Activity Update for Allen County, Ohio and Nationally

- Locally, data from schools and emergency room surveillance systems show reports of influenza symptoms continue to decrease.
- Ohio continues to see a decrease in flu activity. The percentage of emergency room visits statewide for influenza symptoms has returned to expected levels for this time of the year.
- The influenza activity in the U.S. continues to decline.

2009 H1N1 Vaccine

H1N1 Vaccine Appointments Available

- **The Health Department is now scheduling appointments for anyone who would like to be protected against the H1N1 vaccine. Call 419-228-INFO(4636) to schedule an appointment.**
- People can also check with their doctor's office for availability of H1N1 vaccine and watch for other opportunities in the community to be vaccinated.
- Children under age 10 who have received one dose of H1N1 vaccine need to schedule an appointment to get a second dose. There should be at least 28 days between the first and second dose. Children under 10 are not fully protected until after they receive their second dose. This is the only age group that requires two doses of vaccine.

Non-Safety Related Recall

- There are no safety concerns with the recalled lots of 2009 H1N1 vaccine. All lots successfully passed pre-release testing for purity, potency and safety.
- Only specified lots of the 2009 H1N1 pediatric vaccine in pre-filled syringes for children 6-35 months old are affected.
- There is no need to re-administer a dose to those who received vaccine from these lots. The vaccine potency is only slightly below the "specified" range. The vaccine in these lots is still expected to be effective in stimulating a protective response despite this slight reduction in the concentration of antigen.

- All vaccines are routinely tested for purity, potency and safety prior to release. The vaccine provided in multi-dose vials and in pre-filled syringes for persons 36 months and older continues to meet all specifications.

Community Guidance

Don't Let Your Guard Down

- While it's nice to hear that flu-related illnesses have decreased to levels that we usually expect to see this time of year, it's important to remember that we are just at the beginning of the regular flu season and it's no time to let your guard down when it comes to keeping yourself healthy.
 - Wash your hands often.
 - Cover your coughs and sneezes.
 - Avoid touching your eyes, nose and mouth. Germs spread this way.
 - Clean surfaces that are frequently touched like doorknobs, desks, keyboards and phones.
 - Stay home if you are sick.
- Make keeping yourself healthy a habit throughout the year, not just when there is a lot of illness going around.
- The CDC estimates that as of the middle of November, nearly 50 million Americans had the H1N1 flu. While that sounds like a lot, it comes out to just about 1 out of 6 people who have been infected. That leaves 5 out of 6 people who haven't had it.
- Vaccination is the best way to prevent the flu. Now that vaccine is available to everyone, there's no reason to wait any longer.
- Whether we have another "wave" or round of H1N1 illness or not remains to be seen. If a lot of people get vaccinated against H1N1 that will help slow down any future "wave" we may have.

Travel Well

- As the weather cools down, the holiday travel season heats up! Be considerate of others and only travel when you are feeling well. By practicing a little prevention, everyone can enjoy their holidays and stay well at the same time.

For more information about H1N1 (Swine) Flu:

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