



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 16, 2009

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

Activity Update for Allen County and Ohio:

- Allen County has another confirmed case of H1N1 as part of the cluster in Delphos.
- Several local school districts are reporting increased absences from influenza-like illnesses.
- Ohio has seen an increase in hospitalizations due to H1N1 flu.
- Last week a 14-year old boy in Columbus died from H1N1, bringing the total reported deaths from the H1N1 virus in Ohio to 7.

2009 H1N1 Vaccine

- Allen County has received some H1N1 vaccine. We anticipate receiving more vaccine each week, though the amount, type and format may vary considerably from week to week.
- Because the first doses were in mist form, they were made available to hospitals for their health care and EMS workers who provide direct patient care.
- Nasal-spray vaccine is approved for use only in non-pregnant, healthy people ages 2 to 49.
- Local healthcare providers who pre-registered to provide H1N1 vaccine should begin receiving the vaccine soon. People can check with their healthcare provider to see if they will be offering it.
- Special community clinics will be held in Allen County for high priority groups in November if sufficient vaccine is available. Community clinics will be announced through local media.
- People can pre-register for the H1N1 vaccine on the Ohio Department of Health website or at <http://www.flu.ohio.gov>.
- The vaccine, as it becomes available, will be given to high-risk individuals including pregnant women; people who live with or care for children less than 6 months; all people 6 months to 24 years; and people 25 to 64 years with chronic medical conditions.

Seasonal Influenza (Flu) Vaccine

- Across the nation and locally there are some issues with providers receiving their seasonal flu vaccine on time.
- We are told that adequate supplies of seasonal flu vaccine will be available in the coming weeks. Residents should still get a seasonal flu shot because the traditional flu season runs November – February.
- Flu is serious. Every year in the US about 36,000 people die and 200,000 people are hospitalized due to complications from the flu.

Community Guidance:

Testing and Treating the Flu

- Since we know that the H1N1 virus is circulating in Allen County, most people do not require testing to determine what type of flu they have and it usually does not change the course of treatment.
- People who see their healthcare provider because of flu-like symptoms may be told they have the H1N1 flu without having a laboratory test because we know H1N1 is the main flu virus circulating right now.
- CDC's flyer, "[What to do if you get sick](#)" is a helpful guide; a copy is being sent with this update.

Limit the spread of germs - One of the most important steps people can take to slow the spread of the H1N1 flu and seasonal flu, as well as other germs is to stay home when sick. If you are sick:

- stay home from work, school, travel, shopping, social events, and public gatherings, and
- stay away from others as much as possible to keep from making them sick.
- If you must leave home, for example, to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue.
- CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever, or signs of a fever, without the use of fever-reducing medications.

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
- **NEW: 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