



**Public Health**  
Prevent. Promote. Protect.  
P C G H D

## PREBLE COUNTY GENERAL HEALTH DISTRICT

615 HILLCREST DRIVE  
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TELEPHONE (937) 472-0087

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[www.pcghd.net](http://www.pcghd.net)

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### Seasonal and H1N1 Influenza Q&A

#### What is the flu?

- Highly contagious respiratory illness caused by influenza viruses.
- H1N1 influenza, also called “Swine” flu, is a new contagious virus causing illness.

#### How does seasonal and H1N1 influenza spread?

- Spreads from person to person
- Mostly spread by coughing and sneezing of infected persons
- May also be spread by contact with something contaminated with infected secretions, such as clothing or desk
- If a person touches infected secretions, it can be transmitted by touching the eyes or nose

#### What are the symptoms of seasonal and H1N1 influenza

- Fever (100°F or greater)
- Cough
- Sore throat
- Runny or stuffy nose
- Body ache
- Headache
- Chills
- Fatigue
- Some people have had diarrhea and vomiting

#### What are the emergency warning signs?

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- 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
- Fever with a rash



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In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

**Does a person need to go the emergency room if he is only a little sick?**

- You should not go to the emergency room if you are only mildly ill.
- If you have the emergency warning signs of flu sickness, you should go to the emergency room.
- If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice.
- If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

**How does a person prevent himself and others in his family from getting seasonal or H1N1 influenza?**

- Get your seasonal flu shot and the H1N1 influenza vaccine when it becomes available to you.
- Wash your hands frequently with soap and water for approximately 20 seconds.
- If you do not have access to soap and water, use an alcohol based hand sanitizer (60% alcohol).
- Keep your hands away from your eyes, nose and mouth.
- Cover your cough and sneezes.
- Limit close contact with others (approximately 6 feet).
- Stay home when you are sick except to see your doctor or to get medical necessities (at least 24 hours after your fever is gone without the use of a fever reducing medication).

**If a person gets influenza like illness, how long should he stay home?**



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CDC recommends that a person stay home for at least 24 hours after his fever is gone except to get medical care or for other necessities. (Fever should be gone without the use of fever-reducing medicine.)

### **What are the priority groups for seasonal and H1N1 influenza vaccine?**

#### Seasonal Flu

- Children 6 months through 18 years of age
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions such as asthma, diabetes, or heart and lung disease
- People who live in nursing homes and other long term care facilities

#### H1N1 Influenza

- pregnant woman
- people who live with or care for children younger than 6 months of age
- healthcare and emergency medical service personnel
- persons between the age of 6 months and 24 years old
- and people ages 25 through 64 years of age who are at high risk for 2009 H1N1 because of chronic health disorders or compromised immune systems.

(Those persons 65 years and older seem to have immunity to H1N1 influenza. Current studies show the risk for infection in elderly persons is less than the risk for younger age groups.)

### **When and where are Preble County's H1N1 Influenza vaccination clinics?**

Place – Eaton First Church of God

601 E. Lexington Rd.

Eaton, OH 45320

Days – Tuesdays and Thursdays

Times – 12:00 PM – 3:00 PM and 4:00 PM – 7:00 PM

Dates – Will be made available when vaccine arrives

### **If a person is not in a priority group will he be able to get the seasonal and H1N1 influenza vaccine?**

YES

- Seasonal influenza vaccine will be available to the general public on Mondays beginning October 19, 2009 at the Preble County General Health District from 9:00 AM – 11:00 AM and 3:00 PM – 5:00 PM.



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- H1N1 influenza vaccine will be available to the general public once the initial priority group has had a chance to be vaccinated. The general public will be notified through the local newspaper, local message boards, and through the Preble County General Health District website – [www.pcghd.net](http://www.pcghd.net).

### **Is the H1N1 influenza vaccine safe?**

- The CDC, FDA and other public and private agencies closely monitor all vaccines for safety. This includes the 2009 H1N1 influenza vaccine.
- The 2009 H1N1 seasonal flu vaccine is produced similarly to seasonal flu vaccine that is made every year. The H1N1 vaccine is made using the same processes and facilities that are used to make the currently licensed seasonal influenza vaccines. There is a long and successful track record of safety and effectiveness of seasonal flu vaccine using this technology.
- The safety of the H1N1 influenza vaccine is closely monitored. These vaccines are held to the highest standards.

### **Should a person get the flu shot or the nasal spray vaccine?**

- The “flu shot” (seasonal and H1N1) — an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine (seasonal and H1N1) — a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “live attenuated influenza vaccine” or FluMist®). LAIV (FluMist®) is approved for use in healthy people 2-49 years of age who are not pregnant.

### **Will the seasonal flu vaccine also protect against the 2009 H1N1 flu?**

No. Each person will need to receive 2 vaccinations – one for seasonal influenza and one for H1N1 influenza.