

# THE FLU & YOU



## Pandemic 2009 H1N1 Influenza Newsletter

The information on these two pages summarizes some of the latest information about the local response to H1N1. For the most recent news, guidelines, and information go to the County of San Diego website ([www.sdcountry.ca.gov](http://www.sdcountry.ca.gov)) and click on the H1N1 Flu button under Emergency Preparedness.

**HEALTH TIP OF THE WEEK:** DO NOT GO TO WORK AND STAY HOME IF YOU HAVE A FEVER AND COUGH AND/OR SORE THROAT. ALSO DON'T SEND YOUR KIDS TO SCHOOL AND KEEP THEM HOME IF THEY HAVE THE SAME SYMPTOMS. PEOPLE WHO ARE SICK NEED TO STAY HOME FOR 24 HOURS AFTER THEIR FEVER GOES AWAY, WITHOUT THE USE OF MEDICINE TO REDUCE THE FEVER.



### SURVEILLANCE:

H1N1 influenza is throughout our community. As of October 21 there have been **348 hospitalizations** & **25 deaths** due to H1N1 in San Diego County. Public Health continues to work with schools to monitor absences and provide guidance. From October 1 to 22 there have been 22 outbreaks of H1N1 in schools – 6 confirmed by the Public Health Laboratory to be H1N1 and 16 with probable H1N1 cases.

### COMMUNITY MITIGATION:

Cough into a tissue or into your elbow. Not only is this polite – it also helps to prevent the spread of disease. If you used a tissue, throw it away in a trash can. Also, remember to wash your hands frequently, especially after you cough or sneeze.





**VACCINATION:** Additional H1N1 vaccine began arriving in San Diego County on October 23. Initial doses of these vaccinations were delivered directly to County Public Health. Three quarters of the allocation will go directly to health care providers in the community. Contact your health care provider to obtain the vaccine. If your provider does not have vaccine or if you do not have a regular provider, please

call 211 or go to [www.sdiz.org](http://www.sdiz.org) to find a convenient location to obtain your H1N1 vaccination.



### COMMUNICATION:

There are many ways for you to keep up to date on H1N1. For general information call 211.

For information online go to the County website ([www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)) and click on the H1N1 Flu button. From there you can sign up to have the County news releases emailed to you, follow the County on Twitter, connect with the County on Facebook, or watch the County's videos on YouTube.

### FOR MORE INFORMATION:

- ✓ Local
  - County website: [www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)
  - Call 2-1-1
- ✓ State
  - CDPH website: <http://www.cdph.ca.gov>
- ✓ Federal
  - CDC website: <http://www.cdc.gov/h1n1flu/>
  - Call 1-800-CDC-INFO

**MYTH OF THE WEEK:** *I AM HEALTHY – SO I DO NOT NEED TO GET VACCINATED AGAINST H1N1.*

**NOT TRUE!** EVERYONE CAN GET INFECTED WITH H1N1 FLU. WHILE PEOPLE WITH CHRONIC MEDICAL CONDITIONS ARE MOST LIKELY TO HAVE COMPLICATIONS FROM – EVEN HEALTHY PEOPLE WHO GET SICK WITH H1N1 MAY NEED TO BE HOSPITALIZED AND MAY EVEN DIE.