

# H1N1 Flu Virus Media Release



St. Clair County Health Department

Public Health Update

Issue 5

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**Current Situation:** Disease surveillance measures continuously being carried out by the Michigan Department of Community Health indicate that H1N1 influenza is now widespread in Michigan and St. Clair County. Those measures include reports from physicians' offices, hospital emergency rooms, schools, and sales of over-the-counter medications for treatment of influenza symptoms. Of specimens from those hospitalized with influenza that have been tested, 99.8% are H1N1.

H1N1 influenza produces symptoms similar to seasonal influenza, including fever, body aches, cough, runny/stuffy nose and fatigue. The vast majority of persons who are ill with H1N1 are experiencing mild to moderate illness, and a *very low percentage* of those infected become severely ill with the infection.

Approximately 1100 vaccinations were provided at Algonac High School on 10/26/09. Health Department personnel and volunteers are providing vaccinations today, 10/27/09, at Algonac Elementary School and at Fair Haven on Wednesday, 10/28/09. Clinics are initially targeting high-risk priority groups. Clinic cancellations due to vaccine supply limitations will be posted on the Health Department website and the media will be notified. Residents are encouraged to check the website frequently for changes in the clinic schedule. People are encouraged to attend vaccination clinics in their county of residence; however no one who is a member of a high-risk group will be turned away from a St. Clair County vaccination clinic site. Any St. Clair County resident can receive vaccination at any St. Clair County clinic location.

The Health Department is encouraging healthy people between the ages of 2 and 49 who are not pregnant and don't suffer from asthma or other chronic health conditions to receive the nasal mist, a safe and effective form of the vaccine. Every person who receives the nasal mist is saving an injectable dose for someone who cannot be vaccinated with this form of the vaccine.

## **Current Recommendations:**

- The forms required for H1N1 vaccination are available at all clinic sites. Parents who wish their child to be vaccinated at school without their presence are being asked to *carefully and completely fill out both sides of the 2-sided parental consent form.*
- Members of high-risk groups in the community are first priority at all vaccination clinic sites. Current high-risk groups are: pregnant women, children 6 months-24 years, healthcare workers/emergency first responders, caregivers of children under 6 months, and anyone 25-64 with underlying health conditions.
- Attend vaccination clinic sites in your county of residence
- Most people with influenza recover without medical attention. Self-care at home is the recommended treatment.
- Healthy adults aged 65 and over are at low risk for H1N1 and are being asked to postpone their vaccination until greater supplies are available.
- Continue to follow flu prevention measures listed below including *staying home for at least 24 hours after fever is gone.*

## **Personal Protection Reminders:**

- Wash hands often or use alcohol based hand sanitizer
- Cover coughs and sneezes with tissue or your sleeve
- Stay home when you are sick (24 hours after fever is gone)

- Avoid close contact with people who are sick
- Frequently clean commonly shared surfaces (door knobs, etc.)

**Resources for more information:**

[www.stclaircounty.org/offices/health](http://www.stclaircounty.org/offices/health)

[www.cdc.gov/h1n1](http://www.cdc.gov/h1n1)

[www.michigan.gov/h1n1](http://www.michigan.gov/h1n1)

**For more information contact:**

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