

BOULDER COUNTY
PUBLIC HEALTH

H1N1 Influenza

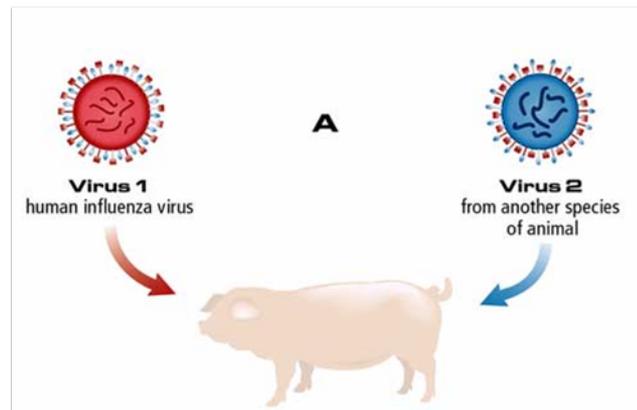
Fall 2009



Opportunity for a healthy life.

H1N1 is a Combination of Flu Genes

- Also known as “Swine Flu”
- Novel influenza virus
- WHO declared H1N1 pandemic June 11, 2009
- Combination of influenza genes
 - Pigs
 - Birds
 - Humans



Symptoms are Similar to Seasonal Flu

Symptoms

- Fever, chills, body aches
- Cough, sore throat
- Congestion
- Headache
- Fatigue
- Vomiting, diarrhea (more in children)



Doctor Visit May be Necessary for Some

- Trouble breathing, short of breath
- Sudden dizziness, confusion
- Severe, persistent vomiting
- If you have underlying health conditions:
 - Pregnancy, Diabetes, Chronic heart, lung, kidney, liver disease, immunosuppression
- Symptoms improve and then return

Treatment is the Same as Seasonal Flu

- Rest
- Fluids
- Fever reduction medication
 - Ibuprofen
 - Acetaminophen
 - Never give Aspirin to children
- Antiviral medications with certain conditions

Vaccine Production is Underway

- Who should get it?
 - Pregnant women
 - Children 6 mos.- 24 years old
 - Healthcare workers/Emergency Medical Services
 - Household members of infants younger than 6 mos.
 - Adults 24-65 years of age with underlying conditions
 - When those populations vaccinated, all are encouraged to get vaccine
- * During limited supply sub-groups will be vaccinated first
- Who should not get?
 - Egg allergy
 - History of Guillain-Barre' Syndrome



Vaccine Side Effects are Mild

- Most common: redness, soreness at injection site
- Other possible side effects
 - Nausea, body aches, fever
 - Fainting
- Most gone in 1-2 days
- Life threatening reactions are rare
 - Usually within a few minutes to hours

Prepare to Stay Home

- Possibility of caring for self/child
- Keep extra supplies
 - Medication
 - Food
- Arrange for children's transportation

Influenza Can Impact Work

- Point of spread
- Major impact of operations
- Financial impacts for business and possibly employees



Restaurants face exposure from Public

- ◆ Contamination of hard surfaces
 - ◆ Coughs, sneezes
 - ◆ Clean hard surfaces routinely
- ◆ Not known to spread through food
- ◆ Not necessary to alter cooking temperatures
- ◆ Wash linens with soap and water

Simple Steps Can Prepare the Workplace

- Review current pandemic flu plan
 - Develop one if you don't have one
 - Involve employees
- Keep up to date
 - Sign up for email updates at www.BoulderCountyHealth.org
- Review sick leave policy for flexibility
 - Educate employees about policy
- Purchase supplies
 - Tissue, soap, alcohol based hand sanitizer



Sick Employees Should Stay Home

- Stay home for 24 hours after fever, aches, chills resolve
 - Without taking fever-reducing meds
- Practice respiratory etiquette
 - Tissue, elbow, inside shirt
- Practice hand hygiene
 - Wash frequently with soap and water
 - Use alcohol based hand sanitizer when soap and water are not available
- Get vaccinated!
 - Seasonal & H1N1



Separate and Send Home Sick Employees

- Encourage high risk staff to contact health-care provider
- Cross-train staff to perform essential functions
- Routinely disinfect hard surfaces



Ill Family Members \neq Sick Employee

- No need to exclude employees from work if they have ill family members
- May need to stay home to care for family members
- Should monitor themselves for symptoms

Stay Healthy

- Stay home if you are sick
- Get vaccinated
- Keep healthy
 - Drink plenty of fluids
 - Get a good nights sleep
 - Talk to your doctor if you have underlying conditions
- Questions?