

# Be Aware Be Prepared for Seasonal and H1N1 (Swine) Influenza

Presentation to  
(INSERT THE NAME OF THE GROUP OR AGENCY YOU  
ARE MAKING THE PRESENTATION TO)  
DATE



NAME & TITLE

 GEORGIA DEPARTMENT OF  
COMMUNITY HEALTH  
Division of Emergency  
Preparedness & Response

- Insert the name of the group you are making the presentation to
- Insert the date
- Insert your name and title

# DCH Mission

## ACCESS



Access  
to affordable,  
quality health  
care in our  
communities

## RESPONSIBLE



Responsible  
health planning  
and use of  
health care  
resources

## HEALTHY



Healthy  
behaviors and  
improved  
health  
outcomes

- Review DCH's mission

# DCH Initiatives FY 2008 and FY 2009

## FY 2008

- Medicaid Transformation
- Health Care Consumerism
- Financial Integrity
- Health Improvement
- Solutions for the Uninsured
- Medicaid Program Integrity
- Workforce Development
- PeachCare for Kids™ Program Stability
- SHBP Evolution
- Customer Service and Communication

## FY 2009

- Medicaid Transformation
- Health Care Consumerism
- Financial & Program Integrity
- Health Improvement
- Solutions for the Uninsured
- Workforce Development
- PeachCare for Kids™ Program Stability
- Customer Service

- Review DCH's initiatives

## What is H1N1 (Swine) Flu

- Respiratory infection caused by influenza A viruses
- Genetic combination of swine, avian and human influenza viruses
- Human to human spread virus



- Swine flu is a respiratory infection caused by influenza A viruses.
- The outbreak of what is popularly called swine flu involves a new (or “novel”) H1N1 type A influenza strain that's a genetic combination of swine, avian and human influenza viruses. It can spread from human to human.
- True swine flu ordinarily causes illness in pigs. Pig-to-human transmission is unusual, and human-to-human transmission of true swine flu is also possible but infrequent.
- Based on its wide spread, the World Health Organization has declared the 2009 outbreak of the new H1N1 flu a global pandemic. The word “pandemic” means that the virus is occurring world-wide at a significant rate.

## Why H1N1 Flu Should Be A Concern

- Change in spread pattern
- No immunity
- Spreads rapidly

- The pattern of H1N1 flu has changed. It no longer circulates among animals. It is now spread between humans

- People have little to no immunity to the new strain of influenza

- H1N1 flu is spreading rapidly from person-to-person worldwide, with the potential to affect millions

## What is Seasonal Flu?

- Contagious respiratory illness
- Occurs annually in the winter months
- Affects 5 – 20% of the population
- Generally not life threatening
- High risk for very young, elderly, and those with certain chronic diseases



- Influenza (the flu) is a contagious respiratory illness caused by influenza viruses.
- It can cause mild to severe illness, and at times can lead to death from complications due to pneumonia, congestive heart failure, kidney failure, etc.
- Each year in the United States on average, 5% to 20% of the population gets the flu; on average, more than 200,000 people are hospitalized from flu-related complications, and; about 36,000 people die from flu-related causes.
- Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.
- People generally have some degree of immunity because of their previous exposure to the virus strain
- Seasonal flu is generally not life threatening although people can and do die from seasonal flu
- Priority groups for seasonal flu vaccine are:
  - Children 6 months – 5 years
  - Adults over 50
  - People with underlying medical conditions such as respiratory illness
  - Those in nursing homes and long-term care facilities
  - Healthcare providers
  - Those living with high risk flu patients

## Vaccinations and Medications

- Two different vaccines
  - Seasonal
  - H1N1 (Swine)
- Recommendation
  - Seasonal Flu Vaccine (everyone)
  - H1N1 Vaccine (everyone)
- Antivirals may be prescribed for both types



• This year there are two vaccines – seasonal and H1N1

• It is recommended that everyone get both. The seasonal vaccine does not protect against the H1N1 (Swine) flu

• In either case, antivirals may be prescribed for both types of flu. Antivirals should be given if the patient presents within 48 hours after symptoms occur for treatment. In this case antivirals will not prevent the flu but will lessen symptoms and shorten the duration of illness. They can also be given prophylactically to persons who have been exposed to a known case of influenza.

## What You Can Expect With This Flu Season

- Higher incidents of Flu
- Scarce medical care
- Short supply of medications
- Limited supplies and services
- Social distancing
- Public transportation restrictions



- This year you can expect higher incidents of flu due to seasonal and H1N1 flu.
- Hospitals and other medical facilities may be overwhelmed therefore making medical care scarce
  - Hospitals, clinics, and doctors' offices will be experiencing large volumes of flu patients in addition to their normal patient load
  - They will also experience a shortage of staff due to flu illness
- If you are sick with flu symptoms you may be asked to stay home or be sent home until your symptoms subside to protect others
- Staffing shortages may cause many businesses to limit their hours or close completely
- Services such as garbage collection may be interrupted due to staffing shortages
- Events where large numbers of people gather may be canceled – (give examples)

## What You Can Do To Minimize the Risks

- Get vaccinated
- Practice good hand hygiene
- Practice respiratory etiquette
- Stay home if you are sick



• **Practice good hand hygiene** by washing your hands with soap and water, especially after coughing and sneezing. Alcohol-based hand cleansers are also effective

• **Practice respiratory etiquette** by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoiding touching your eyes, nose, or mouth; germs spread this way

• **Stay home if you have flu or flu-like illness** for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to work.

• **Encourage others to who are sick to go home.**

## What You Can Do To Minimize the Risks

- Eat a balanced diet and get plenty of rest
- Avoid contact with those who are sick
- Disinfect telephones, countertops, doorknobs, etc.



- Healthy bodies will be able to defend themselves better from infection or severe illness
- People often get the flu when they touch a surface that has virus on it from someone who is infected and then touch their nose, eyes or mouth
- Attempt to stay at least 3 feet away from persons who are coughing/sneezing
- Disinfecting commonly used surfaces often will kill the virus on those surfaces, therefore limiting the spread of the disease

## Have a Family Plan

- Know school and workplace policies about absences and illness
- Be prepared for school closures
- Know how you will care for family members with disabilities



- Talk to your school and human resources representative regarding absentee policies
- Have a plan for who will care for your children if your school or day care closes; and make sure that person knows your plan
- Have a plan for friends and family with special needs
  - During a pandemic, services may not be available for people with special needs
  - Consider how you would take care of friends and family if special services are unavailable
  - Discuss the plan with substitute care-givers as well as the individual who will receive the care

<b>Flu Symptoms</b>	
• Fever	• Sore throat
• Headache	• Runny or stuffy nose
• Tiredness	• Body aches
• Cough	• Diarrhea and vomiting



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•Influenza usually starts suddenly and may include the following symptoms:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

•Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

## What to Do If You Become Sick

- Avoid contact with others
- Practice good hygiene
- See your doctor if complications occur
- Get plenty of rest
- Drink a lot of fluids



•Avoiding contact with others is essential when you have the flu. Do not attempt to go to work. Separate yourself from others in the household until at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating), without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen). Don't go to work.

•Wash your hands frequently

•If you experience complications you should see your Doctor immediately

•Get plenty of rest

•Keep yourself hydrated drink lots of clear liquids

## Watch for Emergency Signs (Children)

- Fast breathing, difficult and/or painful 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

• Watch for these symptoms in children. If your child is experiencing one or more contact your health care provider immediately

## Watch for Emergency Signs (Adults)

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

• Watch for these signs in yourself or other adults that you may be caring for. If they exhibit one or more of these signs, contact your healthcare provider immediately

## Care for Self, Family, and Neighbors

- Have sufficient medical supplies on hand
- Know how to address flu symptoms
- Watch for signs of dehydration
- Have sick persons drink up to 12 glasses of water per day
- Help neighbors who are elderly or have special needs



- Have a supply of cold remedies and fever reducers (ibuprofen and acetaminophen)
- Consult with your physician on what medications you can and cannot take if you have the flu
- Stock up on at least 2 weeks' worth of water (at least 1 gallon per person each day)
- Identify family, friends, and neighbors who have special needs and may need your help during a pandemic
  - Talk to them about preparedness now – don't wait
  - Discuss with them what their needs are and how to plan for these needs during a pandemic

## Promote Public Health Efforts

- Stay home when sick
- Keep children at home when sick
- Encourage others to stay home when sick
- Plan for essential work to be done with fewer people



- Staying home when sick will help prevent healthy employees from getting sick
- Keeping children at home when sick will help reduce the spread of illness throughout the child's classroom & school
- In a pandemic there could be 40-50% absenteeism, plan on how to get work done with fewer people
- Be ready to perform duties that you don't normally perform. Make sure employees are cross-trained

## Promote Public Health Efforts

- Reduce personal contacts
  - Work from home
  - Phone calls
  - Use VICS
- Know company policies
  - Sick leave
  - Absences
  - Personal leave



- Explore telecommuting
- Take the telework course
- Discuss policies with your supervisor or human resources representative

## For More Information

- <http://www.cdc.gov>
- <http://health.state.ga.us/>