

# 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*

# 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



# 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**
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- Health Improvement**
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- Customer Service**



# 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



# Why H1N1 Flu Should Be A Concern

- Change in spread pattern
- No immunity
- Spreads rapidly

# 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



# Vaccinations and Medications

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

# 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



# What You Can Do To Minimize the Risks

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

# 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.

# 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



# Flu Symptoms

- Fever
- Headache
- Tiredness
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting



# 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



# 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 Emergency Signs (Adults)

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



# 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



# 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



# Promote Public Health Efforts

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



# For More Information

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

