

What is the flu?

Will my kids have to stay home?

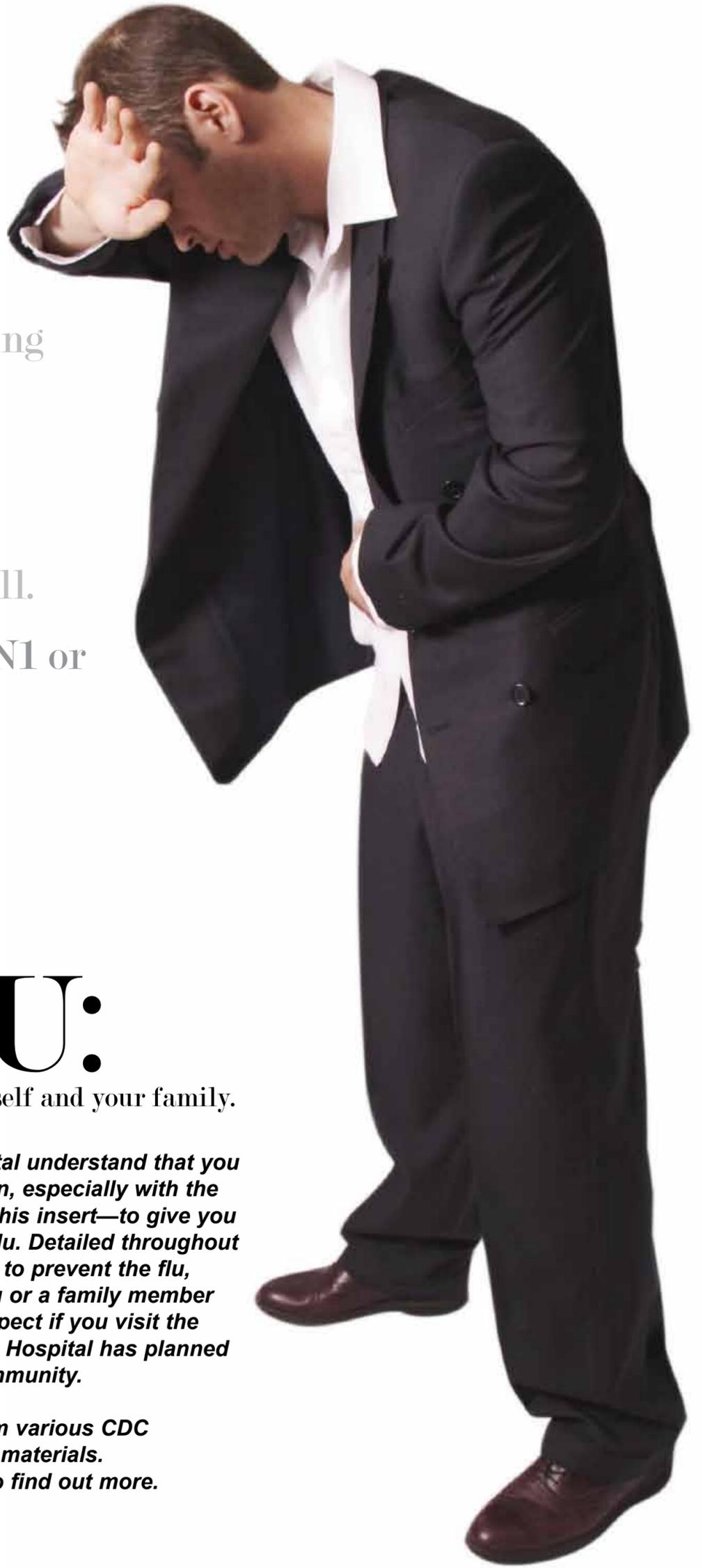
My daughter has a fever, what do I do?

How to I keep from getting the flu?

I just sneezed, does this mean I get to stay home?

I just don't feel well.

How do I know if it is H1N1 or seasonal flu?



The FLU:

What it is and how you can protect yourself and your family.

All of us at Campbell County Memorial Hospital understand that you have concerns about the upcoming flu season, especially with the Novel H1N1 flu virus. That's why we created this insert—to give you the information you need to know about the flu. Detailed throughout you'll find out what the flu is, and is not; how to prevent the flu, what the symptoms are, and what to do if you or a family member gets sick. The insert also tells you what to expect if you visit the hospital, and how Campbell County Memorial Hospital has planned for a large potential outbreak of flu in the community.

The information in this insert is reprinted from various CDC (Centers for Disease Control and Prevention) materials. Resources www.flu.gov or www.cdc.gov/flu to find out more.

What is the flu?

The flu (influenza) is an infection of the nose, throat, and lungs caused by influenza viruses. Flu viruses cause thousands of illnesses, hospital stays and deaths in the United States each year. There are many different flu viruses and sometimes a new flu virus emerges to make people sick.

What is Novel H1N1 (swine) Flu?

Novel H1N1 (referred to as "swine flu" early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of Novel H1N1 flu was underway. A pandemic is an disease outbreak that is occurring over a wide geographic area and affecting an exceptionally high proportion of the population.

Why is Novel H1N1 virus sometimes called "swine flu"?

This virus was originally referred to as "swine flu" because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus. Now this virus is called Novel H1N1 flu because it is a new strain.

Preparing for Flu Season

This flu season may be more severe than usual because of the new Novel H1N1 virus. This means that more people may become sick and more people may get seriously ill. Also, regular seasonal flu viruses will continue to spread and cause illness too.

The Seasonal Flu Vaccine and the Novel H1N1 Flu Vaccine

The seasonal flu vaccine and the Novel H1N1 flu vaccine are separate vaccinations. A seasonal vaccine is distributed routinely every year, the Novel H1N1 flu vaccine has been developed for the fall of 2009.

The seasonal vaccine is not expected to protect against the Novel H1N1 flu and the Novel H1N1 flu vaccine is not intended to replace the seasonal flu vaccine. Each protects against a different virus and is intended to be used along-side the other. It is anticipated that seasonal flu and Novel H1N1 flu vaccines may be administered on the same day. However, it is likely that the seasonal vaccine will be available earlier than the Novel H1N1 flu vaccine.

The usual seasonal flu is still expected to cause illness this fall and winter. Individuals are encouraged to get their seasonal flu vaccine as soon as it is available in the community.

Who should get the Seasonal Flu Vaccine?

In general, anyone who wants to reduce their chances of getting seasonal flu can get a seasonal influenza vaccine. However, it is recommended by Advisory Committee on Immunization Practices (ACIP) that certain people should get vaccinated each year. They are either people who are at high risk of having serious seasonal flu-related complications or people who live with or care for those at high risk for serious seasonal flu-related complications.

People who should get the seasonal vaccine each year are:

- Children aged 6 months up to their 19th birthday
- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those

at high risk for complications from flu, including:

- Health care workers
- Household contacts of persons at high risk for complications from the flu
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Who should get the Novel H1N1 vaccine?

- Pregnant women, because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated.
- Household contacts and caregivers for children younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants less than 6 months old might help protect infants by “cocooning” them from the virus.
- Healthcare and emergency medical services personnel because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism among healthcare professionals could reduce healthcare

The Flu and You

Symptoms

Seasonal Flu

All types of flu can cause:

- Fever
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue

Novel H1N1 (Swine) Flu

Same as seasonal flu, but symptoms may be more severe.

- Fever
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue

In addition to the above symptoms, a number of Novel H1N1 (swine) flu cases reported:

- Vomiting
- Diarrhea

Any concerns call



307.688.1111



system capacity.

- All people from 6 months through 24 years of age
- Children from 6 months through 18 years of age because there have been many cases of Novel H1N1 flu in children and they are in close contact with each other in school and day care settings, which increases the likelihood of disease spread.
- Young adults 19 through 24 years of age because there have been many cases of Novel H1N1 flu in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population.
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.

The difference between Influenza (the real “Flu”) and a Common Cold:

Symptoms	Influenza	Common Cold
Fever	usually, sudden onset >100F	rare
Headache	usual and can be severe	rare
Aches and Pains	usual and can be severe	rare
Cough	usual	usual
Fatigue & weakness	usual and can last 1-2 weeks	rare
Debilitating fatigue	usual, early onset, can be severe	rare
Nausea, Vomiting and diarrhea	sometimes	rare
Watering of the eyes	rare	usual
Runny, stuffy Nose	rare	usual
Sneezing	rare in early stages	usual
Sore throat	usual	usual
Chest discomfort	usual and can be severe	sometimes, but mild to moderate

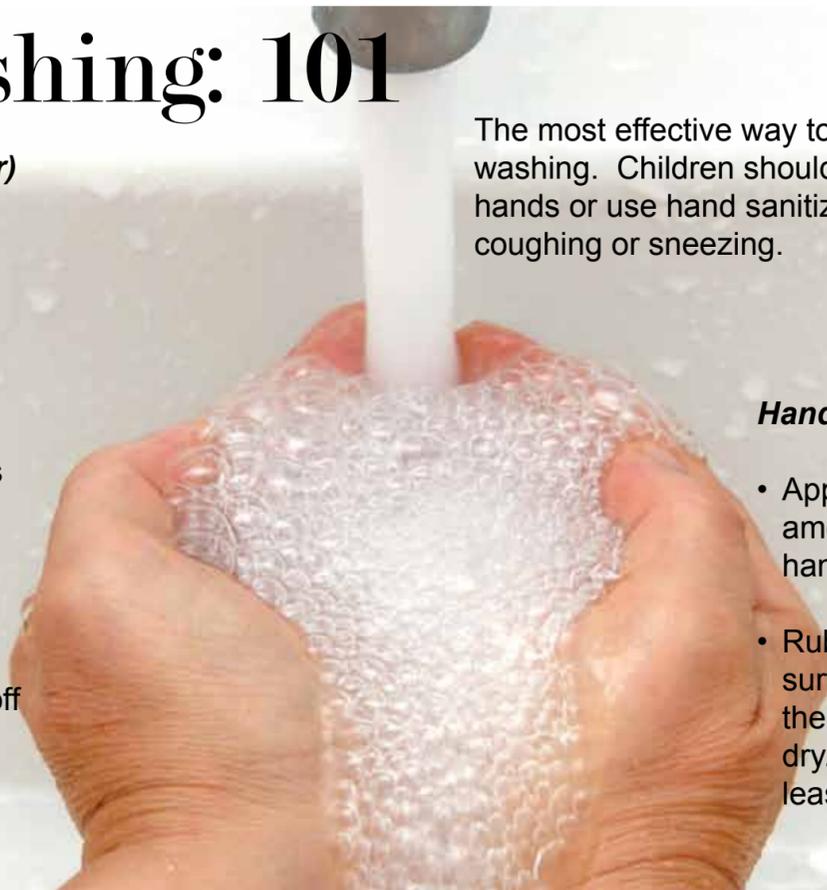
Campbell County Public Health is offering seasonal flu vaccinations beginning October 5th – 9th from 3 pm to 6 pm, October 13th – 16th from 3 pm to 6 pm at their main office located at 2301 S. 4-J Road, and in Wright on October 14th at Wright Junior/Senior High from 2 pm to 8 pm. Any questions please call Campbell County Public Health at 682-7275. Prices are \$15 for adults and youth 19 and younger are free. Other retailers and clinics also have the seasonal flu vaccinations available for varied prices, so other options are available.

At this time, the status of Novel H1N1 vaccinations is not available, and please continue to be on the lookout for advertised times and locations.

Hand Washing: 101

Hand washing (soap and water)

- Wet hands with water.
- Apply soap.
- Rub hands together for at least 15 seconds, covering all surfaces, focusing on fingertips and fingernails.
- Rinse under running water and dry with a disposable towel.
- Use a clean, dry towel to turn off the faucet.



The most effective way to prevent illness is hand washing. Children should be taught to wash their hands or use hand sanitizer after using the bathroom, coughing or sneezing.

Hand Rub (foam and gel)

- Apply to palm of one hand (the amount used depends on specific hand rub product).
- Rub hands together, covering all surfaces, focusing in particular on the fingertips and fingernails, until dry. Use enough rub to require at least 15 seconds to dry.

How do I know if I have the flu?

You may have the flu if you have some or all of these symptoms:

- fever*
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue
- sometimes diarrhea and vomiting

*It's important to note that not everyone with flu will have a fever.

What should I do if I get sick?

If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with Novel H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. They are:

- Children younger than 5, but especially children younger than 2 years old
- People 65 and older
- Pregnant women
- People who have:
 - o Cancer
 - o Blood disorders (including sickle cell disease)
 - o Chronic lung disease [including asthma or chronic obstructive pulmonary disease (COPD)]
 - o Diabetes
 - o Heart disease
 - o Kidney disorders
 - o Liver disorders
 - o Neurological disorders (including nervous system, brain or spinal cord)
 - o Neuromuscular disorders (including muscular dystrophy and multiple sclerosis)
 - o Weakened immune systems (including people with AIDS)

Also, it's possible for healthy people to develop severe illness from the flu so anyone concerned about their illness should consult a health care provider.

There are emergency warning signs. Anyone who has them should get medical care right away.

What are the emergency warning signs?

In children

- Fast breathing or trouble 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

In adults

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

Do I need to go the emergency room if I am only little sick?

No. The emergency room should be used for people who are very sick. You should not go to the emergency room if you are only mildly ill. If you have the emergency warning signs of flu sickness, you should go to the emergency room. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

Are there medicines to treat Novel H1N1?

Yes. There are drugs your doctor may prescribe for treating both seasonal and Novel H1N1 called "antivirals." These drugs can make you better faster and may also prevent serious complications. This flu season, antiviral drugs are being used mainly to treat people who are very sick, such as people who need to be hospitalized, and to treat sick people who are more likely to get serious flu complications. Your health care provider will decide whether antiviral drugs are needed to treat your illness. Remember, most people with Novel H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

How long should I stay home if I'm sick?

CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other things you have to do and no one else can do for you. (Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®.) You should stay home from work, school, travel, shopping, social events, and public gatherings. If you work in healthcare or in a healthcare setting, it is recommended that you stay home for 7 days from symptom onset or until the resolution of symptoms, whichever is longer.

What should I do while I'm sick?

Stay away from others as much as possible to keep from making them sick. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue and immediately wash your hands or use hand sanitizer.

The CDC has information on "Taking Care of a Sick Person in Your Home" on its website at http://www.cdc.gov/h1n1flu/guidance_homecare.html





to labor coaches only. These restrictions have been put in place to protect both patients and visitors, and are not intended to be punitive. Visitors may be screened for influenza symptoms before allowing visitation. Anyone who is feeling ill should not visit the hospital.

Campbell County Memorial Hospital has a plan in place to manage patients who become very ill with seasonal or Novel H1N1, and a plan to manage any large increase in the number of patients needing hospitalization.

Patients with confirmed or suspected Novel H1N1 flu will be placed on "Contact Precautions" to prevent the spread of illness to others. The caregivers of these patients will use special masks, called "PAPRs" to avoid droplet contamination (see the photo of the PAPR left). We also monitor our nurses and other staff for signs of fever and other symptoms of the flu. Seasonal flu vaccination is mandatory for all CCMH employees, and seasonal flu clinics have already begun. When the Novel H1N1 vaccine becomes available, appropriate employees will receive the vaccine. Any employees who develop flu-like symptoms will be instructed not to come to work, and will be sent home if they become ill on the job.

CCMH advocates these prevention strategies from the CDC:

- **Get vaccinated**
- **Take everyday preventive actions like hand washing and coughing into your sleeve**
- **Take the advice of your doctor or healthcare provider**
- **Stay home when you get sick**
- **Be prepared if you do get sick**

How CCMH is protecting you, your family and themselves.

Campbell County Memorial Hospital has policies and practices to prevent the spread of infectious disease and protect patients and visitors at all times, not just during flu season. Hygiene stations are located at each entrance and at the entrance to patient care areas. These hygiene stations contain tissues, hand sanitizer and masks for visitor use. Hand sanitizer is located throughout the facility, by each elevator and each patient room.

Staff must wash their hands or use hand sanitizer when they enter and leave a patient's room, or move to a different floor or area. Visitors are expected to do the same for their protection, and the protection of the patient they are visiting. These practices are used to prevent the transmission of all respiratory infections in the healthcare setting, including seasonal flu and Novel H1N1. All the cleaning and disinfection procedures used by our environmental services staff provide protection from all infectious diseases. Flu viruses are inactivated by sunlight, disinfectants and detergents.

The hospital recently instituted visiting restrictions as a precaution to prevent the spread of seasonal flu and Novel H1N1. Children under the age of 18 may not visit the Medical/Surgical units, ICU, Medical Oncology or Dialysis. Visiting is restricted on the OB/Nursery floor



For more information about the flu, the flu vaccine, contact your doctor or local health department. To learn more, call CDC at 1-800-CDC-INFO or visit www.cdc.gov/flu.

For more information, breaking health news or services provided by Campbell County Memorial Hospital or one of CCMH Clinics, visit www.ccmh.net or call us at 307.688.1000.

