



## **Novel Influenza-A H1N1:** *What we know...what you need to know*

### **What is H1N1 flu?**

H1N1 Influenza is a respiratory disease caused by the type A influenza virus. This was originally called “swine flu” by the media. It is also sometimes referred to as “novel flu” or “Novel H1N1 virus”.

For most people, the virus presents with typical seasonal flu symptoms (sudden onset of fever, chills, sore throat, body aches, cough, runny nose), a self-limiting illness that does not require medical treatment. In others, especially those with asthma, heart disease, pregnancy, obesity or other underlying health conditions, it can become very severe, even fatal. H1N1 has also caused serious illness and death in some persons with no underlying health conditions.

### **Why are people concerned about H1N1?**

The current strain is a new variation of an H1N1 virus, which is a mix of human and animal versions of H1N1 virus. The H1N1 flu viruses are different genetically from the human H1N1 viruses, and therefore humans lack immunity to protect against the H1N1 flu viruses. This virus has caused a pandemic (worldwide spread).

### **Is this pandemic a concern for Champaign County?**

Yes. H1N1 is spreading much faster than other flu viruses have. It typically takes 6 months to achieve the spread accomplished by H1N1 in just 6 weeks.

H1N1 appears to be infecting young people in much higher numbers. The US numbers reported in May showed that 64% of the cases were in persons ages 5 to 24. Only 1% of the cases have occurred in persons over 65 years of age, but it can be very serious for older people who contract it. Currently, severe illness and deaths are in much younger people than those caused by seasonal flu.

It is important to understand that even if the case fatality rate in the US is the same as seasonal flu, 1 death per 10,000 sick with flu, which means that 36,000 would die. Unlike with seasonal flu, most of the deaths will be in persons younger than 65. These deaths will represent a significant increase in lethality in the non-elderly population.



A pandemic lasts 1-2 years. This means that H1N1 will be infecting people and causing illnesses and deaths during this time. Pandemics come in waves which typically last 12 weeks. This means that Champaign County can expect spread within our community during 1-3 waves, each lasting up to 12 weeks. While Champaign County has been spared thus far, we expect, and are planning for much more illness in our community this Fall and Winter (our flu season). Flu spreads faster in the winter months when people are inside more.

### **What are the symptoms of H1N1 flu?**

Symptoms of H1N1 influenza are similar to seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have also reported diarrhea and vomiting.

### **How do you catch H1N1 flu?**

Influenza is thought to spread primarily person-to-person through coughing or sneezing by infected people, or when someone touches something with flu viruses on it and then touches their eyes, nose or mouth. Infected people may be able to spread the virus to others beginning one day (24 hours) before symptoms develop, and up to seven or more days after becoming sick. This means it is important to cough and sneeze into your sleeve EVERYTIME, avoid touching your face, and wash your hands often.

### **What's the incubation period for H1N1 flu?**

Flu symptoms usually develop within three to four days of contact with an infected person, though it may take up to seven days. If you know you were around a person with flu, you could potentially develop it for up to 7 days after.

### **What can I do to protect myself from getting sick?**

#### **Wash Your hands OFTEN!**

Wash your hands often with soap and water. Wash thoroughly between your fingers and around your nails. Alcohol-based hands cleaners are also effective. This is especially important after you have touched common shared surfaces. Make sure you wash your hands after you have been in public!

#### **DON'T TOUCH YOUR FACE!**

Humans touch our faces an estimated 200 times per day! Avoid touching your eyes, nose or mouth. Germs can get in this way and make you sick!



### **What should I do if I develop flu-like symptoms?**

**STAY HOME!** Do not go to work, school, or into public until 24 hours AFTER your fever is gone (without using fever-reducing medications). Stay away from others to prevent spreading the flu. Your mild case could prove to be a serious or fatal case in someone you infect.

If you are PREGNANT, have ASTHMA or other breathing problems, are IMMUNE COMPROMISED, if you have an underlying medical condition such as HEART DISEASE, DIABETES or other medical problems CALL YOUR HEALTH CARE PROVIDER IMMEDIATELY. Your health care provider will evaluate you to determine if you could benefit from treatment. Call first.

These underlying conditions have been associated with serious complications requiring hospitalizations. These conditions have also been associated with many of the fatal cases.

#### **Cough and sneeze into your sleeve EVERYTIME!**

This prevents you from spraying germs into the air (where people could breathe them in) and onto surfaces. If you cough or sneeze into your hands, even if you use a tissue, you will get germs onto you hands. You can then spread those to others through touching them or touching shared surfaces such as doors, faucets, light switches, keyboards, pens, etc.

### **Are there confirmed cases of H1N1 flu in Champaign County?**

Yes. There have been 7 laboratory confirmed cases of H1N1 as of 08-21-09. Two cases required hospitalization. There have likely been other cases that were not reported. Many times people with H1N1 recover at home without medical intervention. Champaign County will not be spared during a pandemic. We do, through individual behaviors, have the ability to limit the spread. DO YOUR PART!

### **What do I do if I have flu? When can I go back to work or school or into public?**

People with influenza-like illness should stay home for at least 24 hours after their fever is gone (without the use of fever-reducing medicine).



A fever is defined as having a temperature of 100° Fahrenheit or 37.8° Celsius or greater. It is the responsibility of each person to avoid the potential of spreading illness to others. Plan now. Make sure you have enough food and medications to remain in

your home until you are no longer infectious. Make a plan for what you will do if you or your family members get sick.

### **Should I get a regular seasonal flu shot this year?**

YES. Getting a flu shot is important to your health and the health of others. CUPHD will provide seasonal flu vaccines to the public as usual. We have ordered 1,000 doses. We can order more if necessary. Carle has approximately 50,000 doses, and many other venues, including Christie Clinic, McKinley Health Center for UIUC students, also offer the seasonal flu vaccine. It is anticipated that there will be an above-average demand for seasonal flu vaccine this year.

This year's seasonal vaccine contains:

- an A/Brisbane/59/2007 (H1N1)-like virus (**NOT** the current Novel H1N1).
- an A/Brisbane/10/2007 (H3N2)-like virus.
- a B/Brisbane/60/2008-like virus.

Seasonal flu vaccine does not offer protection against Novel H1N1, but it is still important for persons to take it. Taking the flu shot will protect an individual from the three strains of seasonal flu that have been circulating prior to and during H1N1 pandemic. Persons should take the vaccine to prevent additional stress on the health care system caused by seasonal flu and its complications (bacterial pneumonia) and the business sectors.

### **How effective is the seasonal flu shot?**

A well-matched strain, tested in healthy, young adults has an effectiveness range of 70-80%. This means that prevention measures are important even once the vaccine has been given.

### **When & where can I get a seasonal Flu shot?**

Champaign-Urbana Public Health District will hold our Drive-thru flu clinic, rain or shine, on September 17 and 18 from 7:00AM until 7:00 PM each day. Seasonal flu shots cost \$35 and pneumonia shots are \$52. We accept MEDICAID, MEDICARE, cash, credit, debit, checks. WE DO NOT ACCEPT PRIVATE INSURANCE.



Everyone is urged to get a seasonal flu shot this year. If you have health insurance, please check with your primary care provider about start dates for their flu shot clinics.

**Is there a vaccine available to protect me against H1N1 flu?**

Vaccines for H1N1 are in clinical trials at this time. We expect to start vaccinating priority populations by November 2009. This is subject to change based upon when we receive the vaccine.

**I had the “Swine Flu” shot in 1976-1977. Do I still need to get the H1N1 flu shot?**

Yes. There is no known immunity to the current novel H1N1 from the 1976 vaccine.

**Who will get the H1N1 shots first?**

The Advisory Committee on Immunization Practices (ACIP) picked five target groups for initial immunization because of their increased risk of H1N1 infection or complications or their contact with vulnerable people:

- Pregnant women
- Household contacts of babies under 6 months of age
- Healthcare and emergency medical services (EMS) workers
- Children and young people aged 6 months through 24 years
- People between 25 and 64 years who have chronic medical conditions

But if we receive a limited supply, which it now appears likely, at least for the first shipment, the five groups will be as follows:

- Pregnant women
- Healthcare and EMS workers who have direct contact with patients or infectious substances
- Household contacts of babies younger than 6 months
- Children aged 6 months through 4 years
- Children and adolescents from 5 through 18 years who have risk factors for flu complications

Healthy people between the ages of 25 and 64 can be immunized after the demand from the target groups has been met, said the committee, which advises the CDC.



Because people 65 and older seem to have a lower risk of H1N1 infection than younger people, they can be vaccinated as supplies permit and other groups are served.

### **Without testing, how will we know when H1N1 is in our community?**

Champaign-Urbana Public Health District collects and analyzes information from a variety of sources, emergency rooms, patient advisory nurses, 911 calls, and school absences. <Schools are a valuable asset in monitoring disease activity in any given community. CUPHD has asked all schools to report their absences, DAILY, to [Absences@ncsa.illinois.edu](mailto:Absences@ncsa.illinois.edu).>

This data is part of a system called “syndromic surveillance”—which measures symptoms, not laboratory-confirmed cases. This will allow CUPHD to determine the extent of spread of an illness in our community. It is important that places such as congregate living facilities, daycare centers, etc. contact us when they notice anything unusual, such as an unusual number of illnesses. CUPHD will then investigate. CUPHD also gets copies of all laboratory confirmed cases that occur within Champaign County. This also includes persons hospitalized or tested in Champaign County, but who live in another county. All of the data allows us to get a good picture of what is going on in Champaign County.

### **REMEMBER:**

Using basic, simple public health measures makes a huge difference in slowing the spread of influenza within a community. We must all practice, teach, and demand the following:

- **STAY HOME WHEN YOU ARE SICK** (Flu is very contagious!! One person can infect many others).
- **KEEP YOUR KIDS HOME WHEN THEY ARE SICK** (Schools and daycares can spread the virus widely around the community).
- **DO NOT TOUCH YOUR EYES, NOSE, or MOUTH** (as this is one way to get the flu virus into your body)
- **COUGH AND SNEEZE INTO YOUR SLEEVE** (to prevent getting virus into the air and onto your hands which will then be spread to others through door knobs, faucets, grocery carts, etc.)



- **WASH YOUR HANDS FREQUENTLY** (to remove any virus that you may have picked up from shaking hands or touching a contaminated surface such as door knobs, faucets, etc.)

We must demand these behaviors in ourselves, our families, our colleagues, and the community. What could be a self-limiting illness in one person could prove to be deadly in another.

<b>CASE TOTAL UPDATE:</b>	<b><u>Cases</u></b>	<b><u>Hospitalizations</u></b>	<b><u>Deaths</u></b>
Champaign Co.	7	2	0
Illinois	-	391	17
United States	-	7,983	522
Worldwide	-	-	1,799

Illinois Information: [www.idph.state.il.us](http://www.idph.state.il.us)  
CDC H1N1 Site: [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)  
Flu Tracker: <http://flutracker.rhizalabs.com/>

**Free Resources Available:**

CUPHD has infection control classes for adults. We will come to groups, businesses, etc. to provide this training.

CUPHD is working on a free DVD to share with agencies, schools, etc. in Champaign County.

Printable posters and information is available on [www.c-uphd.org](http://www.c-uphd.org) or [www.champcoprepares.org](http://www.champcoprepares.org).

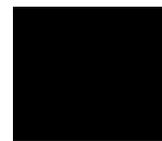
Additional information is added regularly on our *Facebook* page, "Champaign County Prepares". Become a FAN to receive updates or post questions.

To ask specific questions, e-mail Julie Pryde, Administrator, CUPHD [jpryde@c-uphd.org](mailto:jpryde@c-uphd.org)



*CUPHD will send these updates out throughout the pandemic. The goal is to provide staff, our community partners, and our community with useful information. This information is available for duplication and distribution. We welcome suggestions and input. DO NOT HESITATE TO CALL WITH QUESTIONS OR CONCERNS!*





Public Health  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

# - STAY HEALTHY -

Washing your hands is not enough...  
H1N1 Flu also spreads this way:



Sharing cigarettes, kissing, crowding, sharing personal items, sharing drinks and food can also spread the flu

**H1N1 Flu Information Line: 1.866.848.2094**

Additional Informational Resources  
[www.c-uphd.org](http://www.c-uphd.org)  
[www.champcoprepares.com](http://www.champcoprepares.com)

*"Champaign County Prepares" is on Facebook. Become a fan and get updates.*