

What's New With Flu?



The Atlantic County Division of Public Health

Presented by:
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Seasonal Flu

Influenza Pandemic

Novel H1N1 Flu

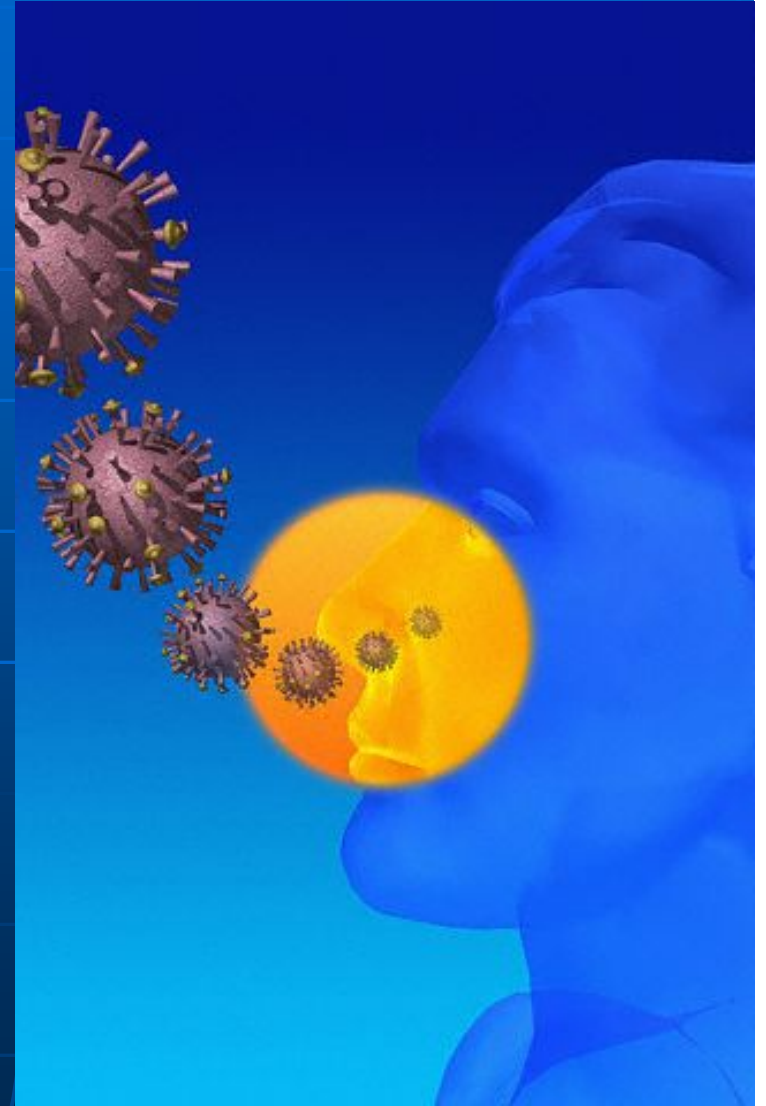
(formerly "swine flu")

What You Will Learn...

- The difference between the terms seasonal and pandemic influenza
- Is the currently circulating novel H1N1 flu a pandemic?
- The steps people can take to prevent the spread of respiratory illnesses including novel H1N1 flu
- How to locate reliable information about the flu

Seasonal Influenza

- Occurs annually, Oct. – May
- People can spread flu before they feel sick!
- 36,000 die and 200,000 hospitalized
- Elderly, people with weak immune systems and young children most vulnerable
- Vaccine preventable



What is Swine Flu?

- Swine flu, in general, is a respiratory disease of pigs caused by type A influenza virus that regularly causes outbreaks in pigs.
- People do not normally get this flu, but human infections can and do happen. The current circulating novel H1N1 flu virus has spread from person-to-person worldwide.

How Do You Catch This Flu?

- First, you cannot get this flu from handling or eating pork/pork products
- Spread can occur in two ways:
 - Through contact with infected pigs or environments contaminated with swine flu viruses
 - Through contact with a person with the flu

Symptoms of Novel H1N1 Flu in Humans Are:

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue (tiredness)

Some people have reported:

- Diarrhea
- Vomiting



Signs That Emergency Medical Attention is Needed

■ In children:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or interacting
- Irritability
- Flu-like symptoms improve then worsen with fever & cough
- Fever with rash

Signs That Emergency Medical Attention is Needed

■ In adults:

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

What is the Difference Between an *Epidemic* and a *Pandemic*?

- Epidemic = community or regional outbreak of an infectious disease
- Pandemic = global epidemic

What Causes a Flu Pandemic?

- New (novel) strain of a virus (such as novel H1N1 flu)
- Ability to cause disease in humans which can be mild to severe
- Easy and sustainable person-to-person spread

Seasonal Influenza and Pandemic Influenza are Different

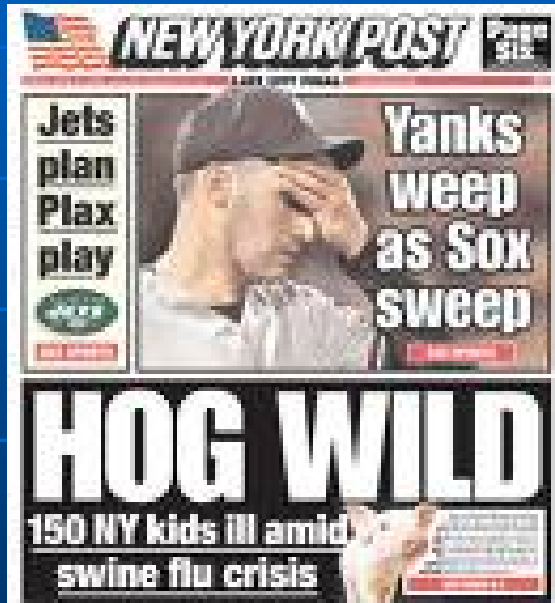
Seasonal Flu

- Predictable
- Occurs each year during winter
- Vaccine usually available

Pandemic Flu

- Unpredictable
- May occur anytime
- No vaccine available during early stages

Has Novel H1N1 Flu Become a Pandemic?



Yes...Novel H1N1 Flu is Now a Pandemic

- This particular flu outbreak is rapidly changing and unpredictable.
- The World Health Organization has raised the influenza alert level to a Level 6 which is a pandemic
- This means it is now sustainable in more geographic regions, however, prevention strategies still remain the same

What Can You Do To Be Flu Ready?

- Have a family emergency plan
- Practice healthy habits
- Keep informed and listen to advice from medical experts

Have a Family Emergency Plan

- Keep a supply of food, water, and other daily essentials (2 weeks)
- Keep a supply of medical, health, and emergency items (2 weeks)
- Talk with family members about how to care for each other if sick

Practice Healthy Habits



- Cover mouth and nose when you cough or sneeze
- Don't touch your face
- Wash your hands
- Stay home if you are sick and avoid close contact with sick people

Wash Your Hands



Wet



Soap



Scrub



Rinse



Dry



Turn the Water Off

How long should I wash?

As long as it takes to sing your ABC's!



THE NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE
Michael R. Bloomberg, Mayor
Thomas R. Frieden, MD, MPH, Commissioner



Icones - Pirella Göttsche Lowenthal - Food and Community Safety Program, Toronto WA

Additional Ways to Stay Healthy

- Get your seasonal flu vaccine every year
- If you are over 65 or have a chronic medical condition, get the pneumonia vaccine if you have not already had one

What We are Doing...

- Working together by partnering with the CDC, NJDHSS, the Atlantic City Health Department and the Office of Emergency Management
- Monitoring the H1N1 flu situation and sharing the most updated information
- Providing health educational materials and speakers by appointment for the community
- Reminding everyone that they should be practicing these healthy behaviors not only now, but year-round

Conclusions

- Seasonal and pandemic influenza are different. Novel H1N1 flu is now a pandemic.
- If you don't have one yet, consider developing an individual or family emergency plan.
- Wash your hands, cover your coughs/sneezes to prevent the spread of flu, stay home when you are sick and avoid close contact with sick people.

Conclusions

- Federal, state, and local public health agencies are reliable sources of information
- Follow the advice of public health officials

Keep Informed and Listen to Advice From Medical Experts or Visit:

The Atlantic County Division of
Public Health at:

www.aclink.org



Additional Information on Novel H1N1 Flu

- The federal website: www.flu.gov
- The state website: <http://www.state.nj.us/health/er/h1n1/>
or call 1-866-321-9571
- The CDC website: <http://cdc.gov/h1n1flu/>
or call 1-800-CDC-INFO

Additional Information on Novel H1N1 Flu

- The World Health Organization website:
www.who.int/en/
- For further questions call The Atlantic
County Division of Public Health at:
609-645-5933
or visit our website at:
www.aclink.org

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