

THE H1N1 VACCINE

There is a limited supply of H1N1 vaccinations. They are being offered to people who have been determined (by CDC) to be at higher risk for complications from H1N1.

First Priority Group:

- ◆ Pregnant women
- ◆ People who live with or care for children younger than 6 months of age
- ◆ Health care and emergency medical services personnel with direct patient contact
- ◆ Children 6 months through 4 years of age
- ◆ Children 5 through 18 years of age who have chronic medical conditions.

Second Priority Group:

- ◆ All people age 5 – 24 years old
- ◆ All health care and emergency personnel
- ◆ People age 24–65 with chronic health conditions



As **Missoula's H1N1 clinics** are determined, information about their locations and times will be available on our web site (Search – Missoula health H1N1) and our **H1N1 Info Line: 258-4636**.

For further information:

The Missoula City-County Health Dept's web site has detailed H1N1 info, and many links to appropriate CDC web pages. Search: Missoula healthH1N1 (<http://www.co.missoula.mt.us/Health>.)

The CDC web site can be accessed directly – search: CDC H1N1 (<http://www.cdc.gov/H1N1FLU/>)

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Missoula City-County Health Dept.

H1N1 Influenza The Basics

H1N1 is a respiratory disease that is spread from person to person. It's caused by a different virus than seasonal flu which is likely to show up in Missoula by January. Missoula County residents are being exposed to 2009 H1N1 influenza and are getting sick. The symptoms of H1N1 are similar to seasonal influenza, and most cases are mild to moderate.

The availability of seasonal flu shots is low. The H1N1 vaccine is available in limited supply for special high risk groups. Call the Info Line (below) for the latest information.

**Missoula
H1N1 Information Line
258-4636**

The following information is based on recommendations of the CDC (Centers for Disease Control and Prevention).

RISK REDUCTION

Reduce your chances of getting any kind of influenza:

- ◆ Wash your hands frequently, or use alcohol hand sanitizers. All public surfaces (doorknobs, railings, pens, counter tops, chairs, etc) can be contaminated with viruses. Viruses can live on these surfaces for up to 8 hours.
- ◆ Avoid touching your nose, mouth or eyes unless you have just washed your hands.



Slow the spread of influenza if you are sick:

- ◆ **Stay home.** Do not return to work, school, or public gatherings until your fever has been gone for 24 hours (without the aid of a fever reducing medicine).
- ◆ Sneeze or cough into a tissue. Throw away used tissues, and wash your hands.
- ◆ At home, limit your contact with others in the family.

If you work in a public space (anywhere people come and go), consider:

Disinfecting public surfaces several times during the day. Have a hand sanitizer and tissues available for your customers and employees, and provide a waste receptacle for used tissues.



If you are an employer: consider reviewing your sick leave policies. Reflect the need for people to stay home if they are sick or need to care for another sick person. Consider following the recommendation that most sick people do not need to visit a health care provider.

ARE YOU SICK?

Symptoms of H1N1 are similar to those for seasonal flu:

- ◆ Fever higher than 100 degrees
- ◆ Cough
- ◆ Sore throat
- ◆ Body Aches
- ◆ Headache
- ◆ Chills
- ◆ Tiredness

If you have any kind of influenza, seek medical help if you are:

- ◆ Less than 5 years old (especially under 2!)
- ◆ Pregnant
- ◆ Over age 65
- ◆ Under age 19 and on aspirin therapy
- ◆ Have a chronic health condition
- ◆ Immunosuppressed

Antivirals given within the first 48 hours can be particularly beneficial to people with influenza in these groups.

If you do go a health care provider, be sure to call ahead. They may have special procedures for you to follow to reduce spreading the virus to their staff or other patients.

Do not go to a hospital emergency department unless your are extremely ill.

Specific emergency warning signs to watch for in adults or children can be found at the CDC web site: <http://www.cdc.gov/h1n1flu/sick.htm>

Home care for influenza:

- ◆ REST!
- ◆ Drink plenty of fluids, especially water, not high sugar or caffeine drinks.
- ◆ Cover your cough and wash your hands.
- ◆ Use over-the-counter fever or pain relievers and cough relaxers.
- ◆ Do not give aspirin to anyone under age 18.
- ◆ Stay home until your fever is gone for at least 24 hours, without the use of a fever reducer.

