

# NOVEL H1N1 (SWINE FLU) AND YOU

THE NOVEL H1N1 VIRUS (EARLIER REFERRED TO AS “SWINE FLU”) IS A NEW INFLUENZA VIRUS CAUSING ILLNESS IN PEOPLE. THE ILLNESS WAS FIRST DETECTED IN PEOPLE IN THE UNITED STATES IN APRIL 2009. YOU CANNOT CONTRACT NOVEL H1N1 VIRUS (SWINE FLU) FROM EATING PORK OR PORK PRODUCTS.

AT THE PRESENT TIME PUBLIC HEALTH RESEARCHERS ARE STILL LEARNING ABOUT THE SEVERITY OF THE NOVEL H1N1 VIRUS. CURRENTLY THERE IS NOT ENOUGH INFORMATION TO PREDICT HOW SEVERE A NOVEL H1N1 FLU OUTBREAK WILL BE IN TERMS OF ILLNESSES OR HOW IT WILL COMPARE WITH SEASONAL INFLUENZA.

THE VIRUS SPREADS FROM PERSON-TO-PERSON IN MUCH THE SAME WAY THAT ANNUAL (SEASONAL) INFLUENZA VIRUSES SPREAD. FLU VIRUSES ARE SPREAD MAINLY FROM PERSON-TO-PERSON THROUGH COUGHING OR SNEEZING BY PEOPLE WITH THE VIRUS. SOMETIMES PEOPLE MAY BECOME INFECTED BY TOUCHING SOMETHING WITH FLU VIRUSES ON IT (DOOR HANDLES, TABLEWARE, ETC.) THEN TOUCHING THEIR MOUTH OR NOSE.

CURRENTLY RESEARCHERS BELIEVE THAT THE VIRUS HAS THE SAME PROPERTIES IN TERMS OF SPREAD AS SEASONAL FLU VIRUSES. STUDIES HAVE SHOWN THAT PEOPLE MAY BE CONTAGIOUS FROM ONE DAY BEFORE THEY DEVELOP SYMPTOMS TO UP TO SEVEN (7) DAYS AFTER THEY GET SICK. CHILDREN, ESPECIALLY YOUNGER CHILDREN, MIGHT POTENTIALLY BE CONTAGIOUS FOR LONGER PERIODS.

THE SYMPTOMS OF H1N1 (SWINE) FLU IN PEOPLE ARE SIMILAR TO SYMPTOMS OF REGULAR HUMAN FLU AND INCLUDE FEVER, COUGH, SORE THROAT, BODY ACHES, HEADACHES, CHILLS AND FATIGUE. SOME PEOPLE HAVE REPORTED DIARRHEA AND VOMITING ASSOCIATED WITH H1N1 (SWINE) FLU. IN THE PAST, SEVERE ILLNESS (PNEUMONIA AND RESPIRATORY FAILURE) AND DEATHS HAVE BEEN REPORTED WITH H1N1 (SWINE) FLU INFECTION IN PEOPLE. LIKE SEASONAL FLU, H1N1 (SWINE) FLU MAY CAUSE A WORSENING OF UNDERLYING CHRONIC MEDICAL CONDITIONS.

**IN ADULTS**, EMERGENCY WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION INCLUDE:

- DIFFICULTY BREATHING OR SHORTNESS OF BREATH.
- PAIN OR PRESSURE IN THE CHEST OR ABDOMEN.
- SUDDEN DIZZINESS.
- CONFUSION.
- SEVERE OR PERSISTENT VOMITING.
- FLU-LIKE SYMPTOMS IMPROVE BUT THEN RETURN WITH FEVER AND WORSE COUGH.

**IN CHILDREN**, EMERGENCY WARNING SIGNS THAT NEED URGENT MEDICAL ATTENTION INCLUDE:

- FAST BREATHING OR TROUBLE BREATHING.
- BLUISH OR GRAY SKIN COLOR.
- NOT DRINKING ENOUGH FLUIDS.
- SEVERE OR PERSISTENT VOMITING
- 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.

**IMPORTANT: SEE YOUR HEALTH CARE PROVIDER IMMEDIATELY OR CALL 9-1-1 IF YOU OR ANY FAMILY MEMBER EXHIBITS ANY OF THE ABOVE SYMPTOMS.**

**WARNING- NEVER GIVE ASPIRIN (ACETYLSALICYLIC ACID) TO CHILDREN OR TEENAGERS WHO HAVE THE FLU. THIS CAN CAUSE A RARE BUT SERIOUS ILLNESS CALLED REYE'S SYNDROME**

## **WHAT CAN YOU DO TO STAY HEALTHY!**

**STAY INFORMED.** THIS WEBSITE WILL BE UPDATED REGULARLY AS INFORMATION BECOMES AVAILABLE. **REMEMBER** FLU VIRUSES ARE THOUGHT TO SPREAD FROM PERSON-TO-PERSON THROUGH COUGHING OR SNEEZING OF INFECTED PEOPLE.

**TAKE EVERYDAY ACTIONS TO STAY HEALTHY.**

- COVER YOUR NOSE AND MOUTH WITH A TISSUE WHEN YOU COUGH OR SNEEZE. **THROW THE TISSUE IN THE TRASH AFTER YOU USE IT.**
- **WASH YOUR HANDS** OFTEN WITH SOAP AND WATER, ESPECIALLY AFTER YOU COUGH OR SNEEZE. ALCOHOL-BASED HAND CLEANERS (SANITIZERS) CAN BE USED WHEN SOAP AND WATER ARE NOT AVAILABLE, BUT ARE NOT AS EFFECTIVE AS HAND WASHING.
- AVOID TOUCHING YOUR EYES, NOSE, OR MOUTH. GERMS SPREAD THAT WAY.
- STUDIES HAVE SHOWN THAT INFLUENZA VIRUSES CAN LIVE ON HOUSEHOLD SURFACES FOR 2-8 HOURS AFTER BEING CONTAMINATED. TO PREVENT THE SPREAD OF INFLUENZA VIRUSES, WIPE DOWN CONTAMINATED SURFACES WITH A HOUSEHOLD DISINFECTANT FOLLOWING THE DIRECTIONS ON THE LABEL.
- STAY HOME IF YOU GET SICK. PUBLIC HEALTH OFFICIALS RECOMMEND THAT YOU STAY AT HOME FROM WORK OR SCHOOL AND LIMIT CONTACT WITH OTHERS TO KEEP FROM INFECTING THEM. **WASH YOUR HANDS.**
- FOLLOW PUBLIC HEALTH ADVICE REGARDING SCHOOL CLOSURES, AVOIDING CROWDS AND OTHER SOCIAL DISTANCING MEASURES IF THEY BECOME NECESSARY.
- FIND HEALTHY WAYS TO DEAL WITH STRESS AND ANXIETY.
- CONTACT THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH AND COMMUNITY SERVICES AT (847) 357-4240 FOR MORE INFORMATION. **WASH YOUR HANDS.**
- ALSO GO TO [FLU.GOV](http://FLU.GOV), [CDC.GOV](http://CDC.GOV) OR [WHO.INT](http://WHO.INT) FOR INFORMATION ON H1N1 ON A NATIONAL AND INTERNATIONAL SCALE.

## **FALL FLU SCHEDULE**

THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH & COMMUNITY SERVICES WILL BE PROVIDING SEASONAL FLU CLINICS THIS FALL. CHECK THE VILLAGE WEBSITE PERIODICALLY FOR DATES AND TIMES OF THE VILLAGE SPONSORED FLU CLINICS. UNFORTUNATELY THE SEASONAL INFLUENZA VACCINE WILL NOT PROVIDE PROTECTION FROM THE NOVEL H1N1 VIRUS (SWINE FLU). THE FEDERAL GOVERNMENT

IS CURRENTLY WORKING ON A VACCINE FOR NOVEL H1N1 VIRUS. ADDITIONAL CLINICS MAY BE NECESSARY IF THE NOVEL H1N1 VIRUS BECOMES MORE WIDESPREAD THIS FALL AND WINTER. **(SEE BELOW FOR FLU CLINIC SCHEDULE)**

## **UPDATE (8/11/09)**

**NOVEL H1N1 (SWINE FLU)** - THE NOVEL H1N1 (SWINE FLU) VIRUS STILL CONTINUES TO PERSIST, CAUSING CONTINUING OUTBREAKS AND SPORADIC CASES IN NORTH AMERICA. ALTHOUGH THERE HAS BEEN A DECLINE IN THE NUMBER OF CASES BEING REPORTED, THERE ARE STILL HIGHER LEVELS OF INFLUENZA-LIKE ILLNESS THAN NORMALLY SEEN AT THIS TIME OF YEAR. CURRENT INVESTIGATIONS SHOW THERE IS LOW RESISTANCE TO THE H1N1 VIRUS AMONG THE GENERAL POPULATION. MOST CASES HAVE OCCURRED AMONG PERSONS 65 YEARS AND YOUNGER. GROUPS MOST AT RISK APPEAR TO BE PREGNANT WOMEN, THOSE WITH ASTHMA, COPD, DIABETES, CHRONIC CARDIOVASCULAR DISEASE, AND IMMUNO-COMPROMISED PERSONS. PERSONS WITH MORBID OBESITY ARE ALSO AT RISK FOR SEVERE ILLNESS. THESE GROUPS ARE ALSO AT RISK FOR SEASONAL FLU. PERSONS 65 YEARS OF AGE AND OLDER HAVE BEEN SUBSTANTIALLY LESS AFFECTED BY NOVEL H1N1 VIRUS THAN YOUNGER AGE GROUPS. **PERSONS 50 AND OLDER SHOULD STILL RECEIVE A YEARLY FLU VACCINE.** THE VIRUS HAS CAUSED A NUMBER OF OUTBREAKS AND EARLY DISMISSALS IN SUMMER SCHOOLS, AND OTHER ORGANIZED SUMMER PROGRAMS (CAMPS) AND RECREATIONAL ACTIVITIES. SCHOOL DISTRICTS ARE ALSO CONCERNED THAT THE VIRUS MIGHT SPREAD ONCE CHILDREN RETURN TO SCHOOL.

PRESENTLY THE GOVERNMENT IS WORKING ON PROCURING BOTH INACTIVATED (INJECTED) AND LIVE ATTENUATED (INHALER) NOVEL H1N1 VACCINE FROM A NUMBER OF VACCINE MANUFACTURERS. AVAILABILITY WILL BE DEPENDENT ON A NUMBER OF FACTORS, BUT A MID-OCTOBER DELIVERY DATE TO PUBLIC HEALTH AGENCIES IS CURRENTLY BEING PLANNED. AT THIS POINT IT APPEARS PERSONS WILL NEED TWO (2) DOSES OVER 21 OR MORE DAYS FOR MAXIMUM EFFICACY.

THE INITIAL THRUST OF THE VACCINE PROGRAM WILL CONCENTRATE ON THOSE MOST AFFECTED BY THE NOVEL H1N1 VIRUS. SCHOOL AGED CHILDREN (K-12) AND SCHOOL STAFF, CHILDREN  $\geq 6$  AND STAFF IN DAYCARE CENTERS, PREGNANT WOMEN, INFANTS AND YOUNG CHILDREN AGED 6 MONTHS TO 4 YEARS, AND PARENTS AND HOUSEHOLD CONTACTS OF CHILDREN  $\geq 6$  MONTHS OF AGE. PERSONS WITH CHRONIC MEDICAL CONDITIONS, AND HEALTH CARE WORKERS AND EMERGENCY SERVICES PERSONNEL WILL ALSO BE PROVIDED WITH H1N1 FLU VACCINE.

PLEASE KEEP CHECKING FOR PERIODIC UPDATES AS THEY BECOME AVAILABLE.

## **UPDATE (8/20/09)**

THE FEDERAL GOVERNMENT IS STILL PLANNING TO HAVE NOVEL H1N1 (SWINE FLU) VACCINE AVAILABLE TO THE GENERAL PUBLIC STARTING THE MIDDLE OF OCTOBER. THE HIGH RISK GROUPS (SEE ABOVE) WILL BE TARGETED FIRST TO RECEIVE THE NOVEL H1N1 VACCINE. **REMEMBER PERSONS 50 YEARS AND OLDER SHOULD STILL RECEIVE A YEARLY FLU SHOT.**

PEOPLE WITH NOVEL H1N1 FLU WHO ARE CARED FOR AT HOME SHOULD OBSERVE THE FOLLOWING:

- CHECK WITH YOUR/THEIR HEALTH CARE PROVIDER ABOUT ANY SPECIAL CARE YOU/THEY MIGHT NEED IF YOU/THEY ARE AT HIGH RISK (SEE ABOVE).
- CHECK WITH YOUR/THEIR HEALTH CARE PROVIDER ABOUT WHETHER YOU/THEY SHOULD TAKE ANTI-VIRAL MEDICATIONS.
- KEEP AWAY FROM OTHERS (WITHIN 6 FEET) AS MUCH AS POSSIBLE. THIS IS TO KEEP OTHERS FROM GETTING SICK.
- KEEP SICK PEOPLE IN A ROOM SEPARATE FROM THE COMMON AREAS OF THE HOME. MAINTAIN A SEPARATE BATHROOM IF POSSIBLE.
- WIPE DOWN SURFACES WITH A HOUSEHOLD DISINFECTANT (USE ONLY ACCORDING TO LABEL DIRECTIONS).
- DO NOT GO TO WORK OR SCHOOL WHILE ILL. STAY AT HOME FOR AT LEAST 24 HOURS AFTER ANY FEVER IS GONE, EXCEPT TO SEEK MEDICAL/EMERGENCY CARE OR FOR OTHER NECESSITIES. CHILDREN MIGHT POTENTIALLY BE CONTAGIOUS FOR LONGER PERIODS. **THE FEVER SHOULD BE GONE WITHOUT THE USE OF A FEVER REDUCING MEDICATION.**
- GET PLENTY OF REST
- DRINK CLEAR LIQUIDS (WATER, BROTH, SPORTS DRINKS, PEDIALYTE FOR INFANTS) TO KEEP FROM BECOMING DEHYDRATED.
- COVER COUGHS AND SNEEZES. CLEAN HANDS WITH SOAP AND WATER OR AN ALCOHOL-BASED HAND SANITIZER AFTER SNEEZING OR COUGHING OR AS OFTEN AS POSSIBLE. THROW TISSUE IN THE TRASH AFTER USE.
- WEAR A FACE MASK IF AVAILABLE, AND IF IT CAN BE TOLERATED WHEN OTHER FAMILY MEMBERS LIVING AT YOUR/THEIR HOME ARE AT HIGH RISK.
- BE WATCHFUL FOR EMERGENCY WARNING SIGNS (SEE ABOVE).

## **FALL INFLUENZA VACCINE CLINIC SCHEDULE**

**THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH & COMMUNITY SERVICES  
WILL BE HOLDING TWO (2) SEASONAL FLU SHOT CLINICS FOR THE UPCOMING  
2009-2010 FLU SEASON.**

**IT IS RECOMMENDED THAT ALL PERSONS OVER THE AGE OF 50 GET A SEASONAL  
FLU SHOT.**

FLU CLINICS WILL BE HELD ON THE FOLLOWING DATES:

- MONDAY, NOVEMBER 2, 2009, 10:00 AM TO 12:00 PM AT THE SHEILA RAY SENIOR CENTER, 225 EAST ELK GROVE BOULEVARD
- THURSDAY, NOVEMBER 12, 2009, 5:00 PM TO 8:00 PM AT THE ELK GROVE PUBLIC LIBRARY, 1001 WELLINGTON AVE.

THE COST IS \$20.00 PER VACCINE. THE VILLAGE WILL BILL MEDICARE FOR THOSE RESIDENTS THAT QUALIFY.

YOU MUST BE AN ELK GROVE RESIDENT AND SHOW PROOF OF RESIDENCY TO RECEIVE A FLU SHOT.

ANY RESIDENT 19 YEARS AND OLDER IS ELIGIBLE TO RECEIVE THE INFLUENZA VACCINE.

FOR INFORMATION ON ANY VILLAGE SPONSORED FLU CLINICS PLEASE CALL THE ELK GROVE VILLAGE FLU CLINIC HOTLINE AT (847) 357-4057 (STARTING IN SEPTEMBER) OR

CALL THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH & COMMUNITY SERVICES AT (847) 357-4240.

**REMEMBER:** THE SEASONAL INFLUENZA VACCINE WILL NOT PROTECT YOU FROM THE NOVEL H1N1 (SWINE FLU). FOR RESIDENTS CONCERNED ABOUT THE NOVEL H1N1 (SWINE FLU) VACCINE, THE VILLAGE DOES NOT HAVE ANY INFORMATION AT THE PRESENT TIME ON HOW OR WHEN THE H1N1 VACCINE WILL BE DISTRIBUTED TO THE TARGET POPULATIONS. SEE FUTURE UPDATES FOR MORE INFORMATION.

## SCHOOL AGED CHILDREN AND THE FLU

THE FIRST AND BEST LINE OF DEFENSE AGAINST THE SPREAD OF THE FLU VIRUS IN SCHOOL AGE CHILDREN ARE THE STUDENTS AND PARENTS, THEMSELVES. EVERYONE CAN TAKE SIMPLE STEPS TO PROTECT THEMSELVES AND THEIR LOVED ONES FROM THE FLU DURING THE SCHOOL YEAR.

- ✓ **FOLLOW ALL INSTRUCTIONS FROM YOUR SCHOOL.**
- ✓ COMMUNICATE WITH YOUR CHILD'S SCHOOL. LET YOUR SCHOOL KNOW IF YOUR CHILD IS SICK.
- ✓ MAKE SURE CHILDREN PRACTICE GOOD HYGIENIC PRACTICES AT ALL TIMES.
- ✓ CHILDREN SHOULD WASH THEIR HANDS FREQUENTLY WITH SOAP AND WATER FOR AT LEAST 20 SECONDS. TEACH YOUNG CHILDREN TO SING THE "HAPPY BIRTHDAY" SONG TWICE. **SET A GOOD EXAMPLE BY WASHING YOUR HANDS AS WELL.**
- ✓ IF SOAP AND WATER ARE NOT AVAILABLE USE AN ALCOHOL BASED HAND SANITIZER.
- ✓ REMIND THEM NOT TO TOUCH THEIR EYES, NOSE, OR MOUTH.
- ✓ CHILDREN SHOULD COUGH AND SNEEZE INTO A TISSUE, NOT INTO THEIR HANDS. CHILDREN OFTEN FORGET TO WASH THEIR HANDS AFTER COUGHING OR SNEEZING INTO THEM. TISSUES SHOULD BE THROWN INTO THE TRASH AFTER USE. **AGAIN SET A GOOD EXAMPLE.**
- ✓ IF TISSUES ARE NOT AVAILABLE HAVE CHILDREN COUGH OR SNEEZE INTO THE INSIDE OF THEIR ELBOW.
- ✓ STAY AT LEAST SIX (6) FEET FROM PEOPLE WHO ARE SICK.
- ✓ CHILDREN SHOULD STAY HOME FROM SCHOOL IF SICK, AND STAY AWAY FROM PEOPLE UNTIL THEY ARE BETTER.
- ✓ IF YOUR CHILD DEVELOPS A FEVER, WAIT AT LEAST 24 HOURS AFTER THE FEVER HAS GONE BEFORE SENDING BACK TO SCHOOL. **THE FEVER SHOULD BE GONE WITHOUT THE USE OF MEDICATION.** SOME CHILDREN MAY REMAIN CONTAGIOUS FOR LONGER PERIODS OF TIME.
- ✓ MAKE SURE CHILDREN MAINTAIN A HEALTHY LIFESTYLE. EAT HEALTHY, EXERCISE, DRINK PLENTY OF WATER, AND GET PLENTY OF SLEEP. **SET A GOOD EXAMPLE.**
- ✓ IF YOU HAVE THE FLU, ANTIBIOTICS WON'T WORK. **PLEASE NOTE:** SOME INFLUENZA INFECTIONS CAN LEAD TO OR OCCUR WITH BACTERIAL INFECTIONS. THEREFORE, SOME CHILDREN WILL ALSO NEED TO TAKE ANTIBIOTICS. MORE SEVERE OR PROLONGED ILLNESS OR ILLNESS THAT SEEMS TO GET BETTER, BUT THEN WORSENS AGAIN MAY BE AN INDICATION THAT A PERSON HAS A BACTERIAL INFECTION. **ALWAYS CHECK WITH YOUR DOCTOR OR HEALTH CARE PROVIDER IF YOU HAVE CONCERNS.**

- ✓ **WARNING- NEVER GIVE ASPIRIN (ACETYLSALICYLIC ACID) TO CHILDREN OR TEENAGERS WHO HAVE THE FLU. THIS MAY CAUSE A RARE BUT SERIOUS ILLNESS CALLED REYE'S SYNDROME**

## **CURRENT UPDATE (8/25/09)**

A SPECIAL CHILDREN'S SEASONAL FLU CLINIC WILL BE HELD ON OCTOBER 26, 2009 AT THE FOX RUN GOLF COURSE, 333 PLUM GROVE RD., FROM 4:00 PM TO 6:00 PM. THE COST FOR ELK GROVE RESIDENTS IS \$3.00. **THIS CLINIC HAS BEEN CANCELLED.**

THE CLINIC IS SPONSORED BY THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH & COMMUNITY SERVICES AND THE SCHAUMBURG HEALTH DEPARTMENT. VACCINE IS PROVIDED THROUGH THE ILLINOIS DEPARTMENT OF PUBLIC HEALTH CHILDREN'S IMMUNIZATION PROGRAM.

FOR INFORMATION ON ANY VILLAGE SPONSORED FLU CLINICS PLEASE CALL THE ELK GROVE VILLAGE FLU CLINIC HOTLINE AT (847) 357-4057 (STARTING IN SEPTEMBER) OR CALL THE ELK GROVE VILLAGE DEPARTMENT OF HEALTH & COMMUNITY SERVICES AT (847) 357-4240.

**REMEMBER:** THE SEASONAL INFLUENZA VACCINE WILL NOT PROTECT YOUR CHILD FROM THE NOVEL H1N1 (SWINE FLU). FOR RESIDENTS CONCERNED ABOUT THE NOVEL H1N1 (SWINE FLU) VACCINE, THE VILLAGE DOES NOT HAVE ANY INFORMATION AT THE PRESENT TIME ON HOW OR WHEN THE NOVEL H1N1 VACCINE WILL BE DISTRIBUTED TO THE TARGET POPULATIONS. SEE FUTURE UPDATES FOR MORE INFORMATION.

## **HOUSEHOLD CLEANING AND DISINFECTING**

**ALWAYS FOLLOW LABEL DIRECTIONS CAREFULLY BEFORE USING ANY HOUSEHOLD CLEANER OR DISINFECTANT.**

**PAY CLOSE ATTENTION TO ANY HAZARD WARNINGS OR INSTRUCTIONS.**

- THROW AWAY TISSUES AND OTHER DISPOSABLE ITEMS USED BY THE PERSON WITH THE FLU IN THE TRASH. **WASH YOUR HANDS** AFTER TOUCHING USED TISSUES AND SIMILAR WASTE.
- KEEP SURFACES (ESPECIALLY BEDSIDE TABLES, SURFACES IN THE BATHROOM, AND TOYS FOR CHILDREN) CLEAN BY WIPING THEM DOWN WITH A HOUSEHOLD DISINFECTANT ACCORDING TO DIRECTIONS ON THE PRODUCT LABEL.
- USE DISPOSABLE SANITIZING CLOTHS TO CLEAN ELECTRONIC ITEMS THAT ARE TOUCHED OFTEN SUCH AS PHONES, COMPUTERS, REMOTE CONTROLS AND HAND HELD GAMES.
- LINENS, EATING UTENSILS, AND DISHES BELONGING TO THOSE WHO ARE SICK DO NOT NEED TO BE CLEANED SEPARATELY. **THESE ITEMS SHOULD NOT BE SHARED WITHOUT WASHING THOROUGHLY FIRST.**
- WASH LINENS (SUCH AS BED SHEETS AND TOWELS) BY USING HOUSEHOLD LAUNDRY SOAP AND TUMBLE DRY ON A HOT SETTING. AVOID "HUGGING" LAUNDRY PRIOR TO WASHING IT TO PREVENT CONTAMINATING YOURSELF. WASH YOUR HANDS WITH SOAP AND WATER AFTER HANDLING DIRTY LAUNDRY.
- EATING UTENSILS SHOULD BE WASHED EITHER IN A DISHWASHER OR BY HAND WITH SOAP AND WATER.

# CURRENT UPDATE (9/4/09)

CURRENTLY THE CENTERS FOR DISEASE CONTROL (CDC) IS EXPECTING TO HAVE A NOVEL H1N1 (SWINE) FLU VACCINE READY FOR DISTRIBUTION BY THE MIDDLE OF OCTOBER. AT THE PRESENT TIME THE CDC IS STILL PLANNING TO TARGET HIGH RISK GROUPS FIRST (SEE ABOVE). PRESENTLY THERE ARE NO SCHEDULED DATES, TIMES OR LOCATIONS AVAILABLE FOR ADMINISTERING NOVEL H1N1 VACCINE.

## HOW TO STAY HEALTHY AT WORK

### THE FOLLOWING ARE SOME COMMON SENSE WAYS TO AVOID GETTING AND GIVING THE FLU AT WORK.

- **MAINTAIN A HEALTHY LIFESTYLE.** GET PLENTY OF REST, EAT A HEALTHY DIET, GET PLENTY OF EXERCISE OR START AN EXERCISE PROGRAM. SOME STUDIES HAVE SHOWN VITAMIN D3 MAY HELP FIGHT OFF COLDS OR FLU.
- **WASH YOUR HANDS FREQUENTLY.** AT WORK OR WHILE YOU ARE CARRYING OUT YOUR NORMAL ROUTINES, WASH YOUR HANDS OFTEN AND PROPERLY WITH SOAP AND WARM WATER. SCRUB HANDS WITH SOAP FOR 20 SECONDS, RINSE WITH WARM WATER, DRY YOUR HANDS WITH A PAPER TOWEL, TURN OFF THE FAUCET WITH THE PAPER TOWEL, AND THROW AWAY THE TOWEL, OR USE IT TO OPEN THE DOOR (HANDLE) OF THE RESTROOM. IF SOAP AND WATER ARE NOT AVAILABLE AN ALCOHOL-BASED HAND SANITIZER MAY BE SUBSTITUTED, BUT THEY ARE NOT AS EFFECTIVE AS PROPER HAND WASHING.
- **AVOID TOUCHING YOUR NOSE, MOUTH AND EYES.** FLU GERMS CAN EASILY BE SPREAD THIS WAY. WASH YOUR HANDS BEFORE OR AFTER TOUCHING YOUR FACE OR EYES. RESEARCH HAS SHOWN VIRUSES CAN SURVIVE ON HANDS, AND BE TRANSFERRED FROM TISSUES TO HANDS FOR UP TO 15 MINUTES.
- **COVER YOUR SNEEZES AND COUGHS WITH A TISSUE.** AFTER USING A TISSUE, DISPOSE OF IT IN THE TRASH IMMEDIATELY, AND WASH YOUR HANDS. RESEARCH HAS SHOWN FLU VIRUSES MAY BE ABLE TO LIVE ON TISSUES AND CLOTH FOR UP TO 12 HOURS. IF A TISSUE IS NOT AVAILABLE, SNEEZE OR COUGH INTO THE INSIDE OF YOUR ELBOW. WASH OR LAUNDRER YOUR CLOTHES AS SOON AS POSSIBLE.
- **KEEP FREQUENTLY TOUCHED SURFACES CLEAN.** SURFACES SUCH AS TELEPHONES, KEYBOARDS, OFFICE EQUIPMENT, AND DOOR HANDLES. WIPE DOWN SURFACES WITH A SANITIZING CLOTH OR WIPE, OR RECOMMENDED CLEANER. FOLLOW MANUFACTURE'S INSTRUCTIONS ON THE LABEL BEFORE USING ANY SANITIZER OR CLEANER.
- **DO NOT USE OTHER WORKER'S PHONES, DESKS, OFFICES, OR OTHER WORK TOOL OR EQUIPMENT IF POSSIBLE.** IF YOU

MUST USE ANOTHER EMPLOYEE'S OFFICE, WORK TOOLS, OR EQUIPMENT MAKE SURE YOU CLEAN THEM FIRST. RESEARCH HAS SHOWN THAT VIRUSES CAN SURVIVE UP TO 48 HOURS ON HARD NON-POROUS SURFACES.

- **DON'T SPREAD THE FLU! IF YOU ARE SICK WITH FLU-LIKE ILLNESS, STAY HOME!** DON'T BE A HERO! STAY HOME IF YOU ARE SICK WITH FLU-LIKE SYMPTOMS. THE CENTERS FOR DISEASE CONTROL (CDC) RECOMMENDS THAT SICK WORKERS STAY HOME IF THEY ARE SICK WITH FLU-LIKE ILLNESS UNTIL AT LEAST 24 HOURS AFTER THEY ARE FREE OF FEVER WITHOUT THE USE OF FEVER-REDUCING MEDICATIONS.
- **GET VACCINATED AGAINST THE SEASONAL FLU.** GET A YEARLY/SEASONAL FLU SHOT. EMPLOYEES IN ONE OF THE HIGH RISK CATEGORIES (SEE ABOVE) SHOULD ALSO CONSIDER GETTING THE NOVEL H1N1 FLU (SWINE FLU) VACCINE WHEN IT BECOMES AVAILABLE.
- **BE SOCIALLY RESPONSIBLE.** BE SOCIALLY RESPONSIBLE WHEN IT COMES TO THE FLU. FOLLOW THE INFORMATION LISTED ABOVE TO HELP PREVENT THE SPREAD OF FLU TO FRIENDS, FAMILY, AND FELLOW WORKERS.

## **IF YOU ARE THE CARE GIVER**

- AVOID BEING FACE-TO-FACE WITH THE SICK PERSON.
- WHEN HOLDING SMALL CHILDREN WHO ARE SICK. PLACE THEIR CHIN ON YOUR SHOULDER SO THAT THEY WILL NOT COUGH IN YOUR FACE.
- CLEAN YOUR HANDS WITH SOAP AND WATER OR USE AN ALCOHOL-BASED HAND SANITIZER AFTER YOU TOUCH THE SICK PERSON OR HANDLE USED TISSUES, OR LAUNDRY
- TALK TO YOUR HEALTH-CARE PROVIDER ABOUT TAKING ANTI-VIRAL MEDICATION TO PREVENT THE CARE GIVER FROM GETTING THE FLU.
- IF YOU ARE AT HIGH RISK OF INFLUENZA ASSOCIATED COMPLICATIONS, YOU SHOULD NOT BE THE DESIGNATED CARETAKER, IF POSSIBLE.
- IF YOU ARE IN A HIGH RISK GROUP FOR COMPLICATIONS FROM INFLUENZA, YOU SHOULD ATTEMPT TO AVOID CLOSE CONTACT (WITHIN 6 FEET) WITH HOUSEHOLD MEMBERS WHO ARE SICK WITH INFLUENZA. DESIGNATE A PERSON WHO IS NOT HIGH RISK AS THE PRIMARY CARETAKER OF HOUSEHOLD MEMBERS WHO ARE SICK WITH THE FLU.
- MONITOR YOURSELF AND HOUSEHOLD MEMBERS FOR FLU SYMPTOMS AND CONTACT YOUR HEALTHCARE PROVIDER IF SYMPTOMS SHOULD OCCUR.

## **CURRENT UPDATE (9/15/09)**

THE CENTERS FOR DISEASE CONTROL (CDC), ADVISORY COMMITTEE ON IMMUNIZATION PRACTICES (ACIP), RECOMMENDS THAT CERTAIN GROUPS AT HIGH RISK FOR INFECTION OR INFLUENZA-RELATED COMPLICATIONS SHOULD BE THE INITIAL TARGETS FOR NOVEL H1N1 INFLUENZA VACCINATION. THE ACIP HAS IDENTIFIED FIVE INITIAL TARGET GROUPS FOR NOVEL H1N1 VIRUS VACCINATION EFFORTS. THESE INCLUDE THE FOLLOWING:

- PREGNANT WOMEN
- PERSONS WHO LIVE WITH OR PROVIDE CARE FOR INFANTS AGED <6 MONTHS. (E.G. PARENTS, GRANDPARENTS, SIBLINGS, AND DAYCARE PROVIDERS).
- HEALTH-CARE AND EMERGENCY MEDICAL SERVICES PERSONNEL,
- CHILDREN AND YOUNG ADULTS AGED 6 MONTHS TO 24 YEARS OF AGE.
- PERSONS AGED 25-64 WHO HAVE MEDICAL CONDITIONS THAT PUT THEM AT HIGHER RISK FOR INFLUENZA-RELATED COMPLICATIONS

THE COMMITTEE (ACIP) HAS ALSO ESTABLISHED A SUBSET OF PERSONS WITHIN THE INITIAL TARGET GROUP IN THE EVENT THAT INITIAL VACCINE AVAILABILITY IS UNABLE TO MEET DEMAND. PERSONS IN THAT GROUP INCLUDE:

- PREGNANT WOMEN
- PERSONS WHO LIVE WITH OR PROVIDE CARE FOR INFANTS AGED <6 (E.G. PARENTS, GRANDPARENTS, SIBLINGS, AND DAYCARE PROVIDERS).
- HEALTH-CARE AND EMERGENCY MEDICAL SERVICES PERSONNEL WHO HAVE DIRECT CONTACT WITH PATIENTS OR INFECTIOUS MATERIAL.
- CHILDREN AGED 6 MONTHS TO 4 YEARS OF AGE.
- CHILDREN AND ADOLESCENTS AGED 5-18 YEARS OF AGE WHO HAVE MEDICAL CONDITIONS THAT PUT THEM AT HIGHER RISK FOR INFLUENZA-RELATED COMPLICATIONS.

ONCE VACCINATION GOALS FOR ALL TARGET GROUPS HAVE BEEN SATISFIED, VACCINATION COULD BE EXPANDED TO INCLUDE ALL PERSONS 25-64 YEARS OF AGE. CURRENTLY INFECTION RISK IN ADULTS AGED 65 AND OLDER ( $\geq 65$ ) IS LOWER THAN THE RISK FOR YOUNGER AGE GROUPS. A DECISION TO EXPAND COVERAGE TO ADULTS  $\geq 65$  WILL BE MADE ONCE DEMAND FOR VACCINE AMONG YOUNGER AGE GROUPS IS SATISFIED. THIS RECOMMENDATION MAY BE REASSESSED IF FUTURE DATA SHOWS CHANGES IN THE VIRUS BEGIN TO SHOW HIGHER INFECTION RATES IN ADULTS  $\geq 65$ . IN ADDITION, EARLIER ASSESSMENTS THAT REQUIRED THE VACCINE TO BE GIVEN IN TWO DOSES MAY NOW BE CHANGED TO A SINGLE DOSE TO PROVIDE ADEQUATE COVERAGE.

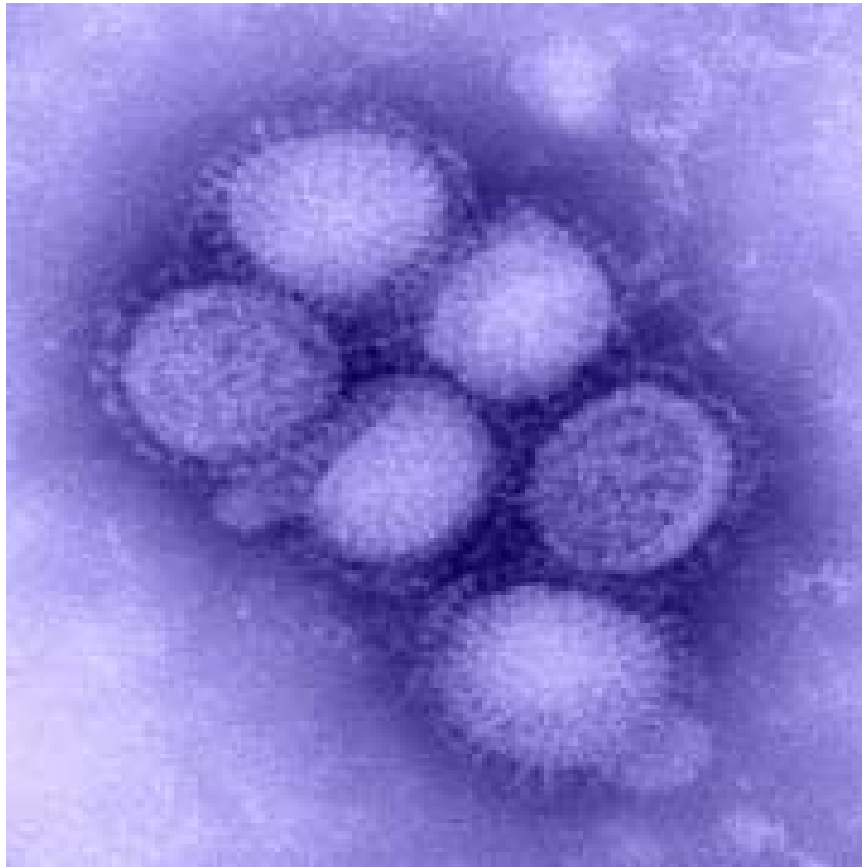
## **CURRENT UPDATE (9/30/09)**

THE FEDERAL VACCINE PROGRAM FOR H1N1 IS COMPLETELY VOLUNTARY, JUST LIKE THE SEASON FLU VACCINATION PROGRAM. **IT IS NOT A MANDATORY PROGRAM.** **NOTE:** SOME LOCAL JURISDICTIONS ARE REQUIRING THAT HEALTH CARE WORKERS BE VACCINATED.

HEALTH OFFICIALS RECOMMEND THAT PEOPLE WITH UNDERLYING HEALTH CONDITIONS (SEE ABOVE), HEALTH CARE WORKERS, PREGNANT WOMEN, CAREGIVERS FOR INFANTS UNDER SIX (<6) MONTHS OF AGE, AND CHILDREN AND YOUNG ADULT FROM SIX (>6) MONTHS TO 24 YEARS OF AGE ARE ESPECIALLY ENCOURAGED TO PARTICIPATE IN THIS VACCINE PROGRAM.

THE VACCINE WILL BE AVAILABLE TO ANYONE WHO WANTS IT, AND THE DECISION TO GET VACCINATED IS UP TO EACH INDIVIDUAL.

# IMAGE OF THE H1N1 VIRUS



## CURRENT UPDATE (10/07/09)

THE ILLINOIS DEPARTMENT OF PUBLIC HEALTH (IDPH) HAS ANNOUNCED THAT THE FIRST SHIPMENT OF NOVEL H1N1 VIRUS VACCINE HAS ARRIVED IN ILLINOIS. THE FEDERAL GOVERNMENT IS PROVIDING 57,000 DOSES OF THE NEW H1N1 FLU VACCINE; IN NASAL SPRAY FORM ONLY TO THE STATE OF ILLINOIS (CHICAGO IS EXCLUDED IN THIS NUMBER).

THE SPRAY FORM IS ONLY LICENSED FOR PEOPLE AGE TWO (2) TO 49 YEARS OF AGE WITHOUT UNDERLYING MEDICAL CONDITIONS, INCLUDING PREGNANCY. THE IDPH IS EXPECTING INJECTABLE H1N1 VACCINE TO BE SHIPPED NEXT WEEK.

THE FOLLOWING ARE THE DESIGNATED PRIORITY POPULATIONS:

- PREGNANT WOMAN
- HOUSEHOLD CONTACTS AND CAREGIVERS FOR CHILDREN YOUNGER THAN SIX (<6) MONTHS OF AGE.
- HEALTHCARE AND EMERGENCY MEDICAL SERVICES PERSONNEL.
- ALL PEOPLE FROM SIX (>6) MONTHS THROUGH 24-YEARS OF AGE.
- PERSONS AGED 25-64 YEARS OF AGE WHO HAVE HEALTH CONDITIONS ASSOCIATED WITH HIGHER RISK OF MEDICAL COMPLICATIONS FROM INFLUENZA.

AT THE PRESENT TIME IT IS ANTICIPATED THE FIRST SHIPMENTS OF H1N1 FLU VACCINE WILL BE OFFERED TO HEALTH CARE WORKERS.

## **CURRENT UPDATE (10/19/09)**

THE ELK GROVE VILLAGE HAS BEEN INFORMED BY THE ILLINOIS DEPARTMENT OF PUBLIC HEALTH THAT THE VILLAGE ALLOCATION OF CHILDREN'S SEASONAL FLU VACCINE WILL NOT BE PROVIDED AT THIS TIME. THEREFORE, THE DEPARTMENT OF HEALTH & COMMUNITY SERVICES HAS MADE THE DECISION TO CANCEL THE CHILDREN'S FLU CLINIC SCHEDULED FOR OCTOBER 26, 2009 FROM 4:00 PM TO 6:00 PM AT THE FOX RUN GOLF COURSE, 333 PLUM GROVE RD.

PLEASE CONTINUE TO READ THE THIS UPDATED INFLUENZA INFORMATION, OR CHECK THE FLU WEBSITE, FLU CLINIC HOTLINE (847) 357-4057, AND CHANNEL SIX FOR UP TO DATE INFORMATION ON THE SEASONAL FLU AS WELL AS NOVEL H1N1VIRUS.

## **CURRENT UPDATE (10/23/09)**

THE U.S. FOOD AND DRUG ADMINISTRATION (FDA) AND FEDERAL TRADE COMMISSION (FTC) ARE REMINDING CONSUMERS TO BE CAUTIOUS OF PROMOTIONS OR INTERNET SITES OFFERING PRODUCTS FOR SALE THAT CLAIM TO DIAGNOSE, PREVENT, MITIGATE, TREAT, OR CURE THE NOVEL H1N1 INFLUENZA VIRUS.

FRAUDULENT H1N1 INFLUENZA PRODUCTS COME IN MANY VARIETIES, INCLUDING DIETARY SUPPLEMENTS, DRUGS, MEDICAL DEVICES, OR VACCINES. UNLESS THESE PRODUCTS ARE PROVEN TO BE SAFE AND EFFECTIVE FOR THE CLAIMS THAT ARE MADE, IT IS NOT KNOWN WHETHER THEY WILL PREVENT THE TRANSMISSION OF THE VIRUS OR OFFER EFFECTIVE REMEDIES AGAINST INFECTION.

FURTHERMORE THEY COULD MAKE MATTERS WORSE BY PROVIDING CONSUMERS WITH A FALSE SENSE OF SECURITY AGAINST THE VIRUS, AND THEY COULD BE DANGEROUS TO THE CONSUMER AS WELL.

THE FDA CONTINUES TO CONSIDER THE SALE AND PROMOTION OF FRAUDULENT H1N1 INFLUENZA PRODUCTS TO BE A POSSIBLE THREAT TO THE PUBLIC HEALTH.

## **CURRENT UPDATE (10/30/09)**

### **NOVEL H1N1 VACCINATION CLINICS JUST ANNOUNCED**

STARTING NOVEMBER 2, 2009, COOK COUNTY DEPARTMENT OF PUBLIC HEALTH WILL OPEN REGIONAL APPOINTMENT ONLY VACCINATION SITES IN SUBURBAN COOK COUNTY.

EFFECTIVE IMMEDIATELY, RESIDENTS MAY CALL (708) 836-8600 OR THE NORTH DISTRICT OFFICE (847) 818-2860 TO MAKE AN APPOINTMENT.

THE FOLLOWING ARE THE DESIGNATED PRIORITY POPULATIONS:

- PREGNANT WOMAN
- HOUSEHOLD CONTACTS AND CAREGIVERS FOR CHILDREN YOUNGER THAN SIX (<6) MONTHS OF AGE.
- HEALTHCARE AND EMERGENCY MEDICAL SERVICES PERSONNEL.
- ALL PEOPLE FROM SIX (>6) MONTHS THROUGH 24-YEARS OF AGE.
- PERSONS AGED 25-64 YEARS OF AGE WHO HAVE HEALTH CONDITIONS ASSOCIATED WITH HIGHER RISK OF MEDICAL COMPLICATIONS FROM INFLUENZA.

# **CURRENT UPDATE (11/12/09)**

COOK COUNTY DEPARTMENT OF PUBLIC HEALTH  
**H1N1 VACCINATION INFORMATION**

**STARTING NOVEMBER 14, 2009, THE COOK COUNTY DEPARTMENT OF PUBLIC HEALTH WILL PROVIDE FOUR SATURDAY H1N1 VACCINATION CLINICS THROUGHOUT SUBURBAN COOK COUNTY.**

**THE DATES FOR THE CLINICS ARE AS FOLLOWS:**

**NOVEMBER 14**

**NOVEMBER 21**

**DECEMBER 5**

**DECEMBER 12**

**THE LOCATION NEAREST TO ELK GROVE VILLAGE IS:**

**VISTA HEALTH CENTER OF COOK COUNTY  
1585 N. RAND ROAD, PALATINE**

STARTING AT 7:00 AM, 400 TICKETS WILL BE HANDED OUT ON A FIRST COME FIRST SERVE BASIS. BASED ON THE TIME LISTED ON YOUR TICKET, RESIDENTS WILL BE ASKED TO RETURN TO THE CLINIC TO RECEIVE A VACCINE AT A DESIGNATED TIME BETWEEN 8:00 AM AND 2:00 PM OF THE SAME DAY.

**APPOINTMENT ONLY CLINIC-** RESIDENTS MAY CONTINUE TO CALL THE COOK COUNTY DEPARTMENT OF PUBLIC HEALTH TO SCHEDULE AN APPOINTMENT AT THEIR NORTH DISTRICT OFFICE LOCATED AT:

ROLLING MEADOWS CIRCUIT COURT BUILDING

2121 EUCLID AVE.

ROLLING MEADOWS, IL 60008

(847) 818-2860

TDD (847) 818-2023

**REMEMBER-YOU MUST BE WITHIN ONE OF THE FOLLOWING PRIORITY POPULATIONS TO MAKE AN APPOINTMENT AT ANY OF THE COOK COUNTY CLINICS:**

- PREGNANT WOMAN
- HOUSEHOLD CONTACTS AND CAREGIVERS FOR CHILDREN YOUNGER THAN SIX (<6) MONTHS OF AGE.
- HEALTHCARE AND EMERGENCY MEDICAL SERVICES PERSONNEL.
- ALL PEOPLE FROM SIX (>6) MONTHS THROUGH 24-YEARS OF AGE.
- PERSONS AGED 25-64 YEARS OF AGE WHO HAVE HEALTH CONDITIONS ASSOCIATED WITH HIGHER RISK OF MEDICAL COMPLICATIONS FROM INFLUENZA.

# **CURRENT UPDATE (12/08/09)**

**THE VILLAGE OF SKOKIE WILL BE PROVIDING H1N1 FLU VACCINE AT TWO CLINICS. THE CLINICS WILL BE HELD AT THE OAKTON PARK COMMUNITY CENTER, 4701 OAKTON STREET (SOUTHEAST CORNER OF OAKTON STREET AND SKOKIE BOULEVARD).**

THE CLINICS WILL BE HELD ON DECEMBER 9<sup>TH</sup> FROM 12:00 PM TO 8:00 PM AND DECEMBER 12<sup>TH</sup> FROM 9:00 AM TO 5:00 PM. VACCINATIONS ARE FREE OF CHARGE AND WILL BE GIVEN BY APPOINTMENT ONLY.

A TOTAL OF 5,000 VACCINATIONS WILL BE GIVEN AT EACH CLINIC. NO WALK-INS WILL BE ACCOMODATED WITHOUT AN APPOINTMENT. TO GAIN ENTRY TO THE CLINIC, PARTICIPANTS MUST SHOW THE PRINTED CONFIRMATION OR THE IDENTIFICATION CODE THEY WILL RECEIVE WHEN THEY REGISTER FOR AN APPOINTMENT. APPROXIMATELY 600 APPOINTMENTS ARE BOOKED EVERY HOUR. YOU MAY COME AT ANYTIME DURING YOUR ASSIGNED HOUR.

ONLY INJECTABLE VACCINE WILL BE ADMINISTERED.

THE VILLAGE OF SKOKIE WILL ONLY ADMINISTER VACCINE TO THE NATIONAL HIGH RISK PRIORITY GROUPS (SEE ABOVE). ALL PARTICIPANTS UNDER THE AGE OF 18 MUST BE ACCOMPANIED BY A PARENT OR GAURDIAN.

CALL THE VILLAGE OF SKOKIE HEALTH DEPARTMENT AT (847) 933-8252 FOR MORE INFORMATION.

## CURRENT UPDATE (1/11/10)

THE VILLAGE OF ELK GROVE IS RECOGNIZING THE WEEK OF JANUARY 10 THROUGH THE 16 AS **NATIONAL INFLUENZA VACCINATION WEEK.**

**REMEMBER IT'S NOT TOO LATE TO GET YOUR H1N1 OR SEASONAL FLU SHOT!**

H1N1 CONTINUES TO CIRCULATE THROUGHOUT ILLINOIS. ALTHOUGH THE AMOUNT OF H1N1 CASES APPEARS TO BE DECREASING, CONFIRMED HOSPITALIZATIONS AND DEATHS ASSOCIATED WITH THE FLU CONTINUE TO BE REPORTED. ALTHOUGH THE LIKELIHOOD OF A FUTURE WAVE OF H1N1 FLU CANNOT BE PREDICTED, HEALTH OFFICIALS KNOW THAT VACCINATION IS THE MOST IMPORTANT STEP IN PROTECTING AGAINST INFLUENZA.

**NATIONAL INFLUENZA VACCINATION WEEK** IS AN IMPORTANT OPPORTUNITY TO RECOGNIZE THAT H1N1 FLU CAN BE A SERIOUS DISEASE.

ALL RESIDENTS ARE NOW ELIGIBLE TO RECEIVE H1N1 FLU VACCINE. FLU SHOTS ARE AVAILBLE LOCALLY AT WALGREENS, DOMINICK'S AND JEWEL. RESIDENTS MAY ALSO CONTACT THE COOK COUNTY HEALTH DEPARTMENT AT (847) 818-2860 FOR SHOT INFORMATION OR CONTACT YOUR HEALTH CARE PROVIDER.



## HELPFUL HINTS ON HOW TO AVOID THE FLU AND STOP THE SPREAD OF GERMS

**You can lessen the chances of getting the flu...and spreading  
the flu this winter!**

**Did you know that about 36,000 people die from flu related illnesses each year,  
and another 114,000 end up in hospitals? Did you also know that some viruses  
can live 2 hours or longer on household surfaces?**

### **STAY HEALTHY**

- ✓ Wash hands thoroughly with soap and water after being in the public, especially after using a public restroom. If soap and water are not available, use an alcohol based gel or towelette type hand sanitizer.
- ✓ Avoid touching eyes, nose, or mouth.
- ✓ If possible, avoid close contact with people who are sick.

### **STOP THE SPREAD OF GERMS**

- ✓ Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the garbage.
- ✓ If you don't have a tissue, cough into the inside of your elbow. Not into your hands!
- ✓ After coughing, sneezing or blowing your nose, always wash your hands thoroughly with soap and water or use an alcohol based gel or towelette type hand sanitizer.
- ✓ Stay home from work/school if you or a child has the flu (fever, muscle aches, cough).
- ✓ Do not share eating utensils, drinking glasses, towels or other personal items.
- ✓ Frequently clean and/or sanitize commonly touched surfaces such as faucets, telephones, doorknobs, etc.

**If you develop the flu stay at home and see your doctor immediately. Get plenty of rest, drink plenty of liquids, and avoid using alcohol and/or tobacco. Also, you can take medications to relieve the symptoms of flu. NEVER GIVE ASPIRIN TO CHILDREN OR TEENAGERS WHO HAVE FLU-LIKE SYMPTOMS, PARTICULARLY FEVER, WITHOUT FIRST CONSULTING YOUR DOCTOR OR HEALTHCARE PROVIDER.**

**Elk Grove Village Department of Health & Community Services  
(847) 357-4240**

10/2007



# The Flu and You



The Novel H1N1 (Swine Flu) is a contagious respiratory illness caused by a Type A influenza virus. Once exposed, it can take up to seven (7) days before an individual shows any symptoms. Symptoms of Novel H1N1 (Swine Flu) in people flu are similar to the symptoms of regular flu, which includes fever, coughing, sore throat, general body aches, headache, chills and fatigue. Some people report diarrhea and vomiting. Deaths have also been associated with this virus.

You can lessen the chances of getting the flu and spreading it to your family and friends and/or fellow employees, by following some basic rules of prevention.

An easy way to avoid getting the flu is to wash your hands. Hands may look clean, but in fact may be covered with germs. Viruses can be transmitted to your hands as you go through your daily activities. Some viruses can live 2 hours or longer on household and work surfaces. Germs can be transmitted to your hands by contact with doorknobs, restroom faucets and door handles, telephones, computer keyboards, and any other surfaces that are touched frequently by others. Avoid touching your eyes, nose or mouth. Clean the surfaces you do touch with a germ-killing disinfectant.

You can't wash your hands too often during the day.

When you wash, wash the whole hand! Germs are found on the entire surface of your hand, including the back of your hand, between the fingers, under the fingernails and wrists. Use soap and warm running water, washing thoroughly for 20 seconds. When using a public restroom, dry your hands with the paper towel and use it to turn off the faucet, and open the restroom door. When soap is not available use an alcohol based towelette or gel. These are not as effective as hand washing in getting hands clean, and should not take the place of regular hand washing, but will do in a pinch.

Practice good "cough etiquette". Stop the spread of germs by covering your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in the garbage immediately. If you don't have a tissue, sneeze or cough into the inside of your elbow, not into your hands. After coughing or sneezing or blowing your nose, always wash your hands thoroughly with soap and water (see above) or use an alcohol based gel or towelette type hand sanitizer. If possible avoid close contact with people who are sick.

If you develop the flu, stay at home and contact your doctor immediately. Get plenty of rest, drink plenty of liquids, and avoid using alcohol and/or tobacco. Also, you can take medications to relieve the symptoms of the flu. Always read the label first before taking any medications or giving medications to family members, especially small children.

Do not give aspirin to children or teenagers who have flu-like symptoms, particularly if they have a fever.

Remember, plenty of rest, good nutrition, avoiding stress, and regular exercise are also important in the fight against the flu and other illnesses that may strike in cold weather. Also get a yearly flu shot!

**STAY HEALTHY AND HELP STOP THE SPREAD OF GERMS**



# Is It a Cold or the Flu?

Symptoms	Cold	Flu
Fever	Rare	Usual; high (100°F to 102°F, occasionally higher, especially in young children); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Exhaustion	Never	Usual; at the beginning of the illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe
<b>Treatment</b>	Antihistamines Decongestants Nonsteroidal anti-inflammatory medicines	Antiviral medicines—see your doctor
<b>Prevention</b>	Wash your hands often with soap and water; avoid close contact with anyone with a cold	Annual vaccination; antiviral medicines—see your doctor
<b>Complications</b>	Sinus congestion Middle ear infection Asthma	Bronchitis, pneumonia; can worsen chronic conditions; can be life-threatening. Complications more likely in the elderly, those with chronic conditions, young children, and pregnant women



# ¿Será un resfrío o será la gripe?

Síntomas	Resfrío	Gripe
Fiebre	Rara vez	Es común; fiebre alta (de 100°F a 102°F, especialmente en niños pequeños); dura de 3 a 4 días
Dolor de cabeza	Rara vez	Con frecuencia
Malestar general, dolor	Leve	Es común; muchas veces son severos
Fatiga, debilidad	A veces	Es común; puede durar hasta 2 o 3 semanas
Agotamiento	Nunca	Es común; al principio
Tiene la nariz tapada o congestionada	Con frecuencia	A veces
Estornudos	Es común	A veces
Dolor de garganta	Con frecuencia	A veces
Molestia en el pecho, tos	De leve a moderada; tos seca	Con frecuencia; puede volverse severa
<b>Tratamiento</b>	Medicinas con antihistamínicos Descongestionantes Medicinas anti-inflamatorias sin esteroides	Medicinas retrovirales— visite a su doctor
<b>Prevención</b>	Lávese las manos frecuentemente con agua y jabón; evite el contacto estrecho con alguien que esté resfriado	Hágase vacunar cada año; Medicinas retrovirales—visite a su doctor
<b>Complicaciones</b>	Sinusitis o congestión nasal Infección del oído medio Asma	Bronchitis, pneumonia; los problemas crónicos de salud pueden empeorar; puede ser mortal. Las complicaciones son más frecuentes entre los ancianos, aquellos con problemas crónicos de salud, los niños pequeños y las mujeres embarazadas