



# COUNTY OF YOLO

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## Community Meeting Concerning Novel H1N1 Influenza

(Woodland, CA) – On Thursday, August 20 at 7:00 p.m., the Yolo County Health Department will be holding a community meeting in Woodland to discuss Novel H1N1 Influenza and how members of the community can prepare and protect themselves from this new virus. This meeting will be held at the Woodland Community & Senior Center in meeting room. 2. The community center is located at 2001 East Street in Woodland.

To date, additional community meetings have been scheduled in the following communities:

September 3 – Winters  
September 9 – Knights Landing  
September 10 – Madison  
September 14 – Zamora  
September 17 – Esparto

More information will follow on the specific meeting times and locations, as well as information regarding additional meetings in other Yolo County cities and communities as they become scheduled.

Yolo County Health Officer Dr. Joseph Iser would like to remind all Yolo County residents to take the following precautions to protect themselves from becoming ill:

- Wash your hands with soap and hot water to get rid of germs and to prevent the spread of disease. If you do not have soap and water, use a waterless hand gel with an alcohol base of at least 60%.
- Avoid kissing or shaking hands with people, and do not share food, drinks or utensils.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Get the vaccine for seasonal flu, and if you are in a risk group for H1N1, get that vaccine when it becomes available.

For more information on Novel H1N1 Influenza, visit: [www.yolocounty.org](http://www.yolocounty.org).

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Attached: Preparing for the Flu Season

# Preparing for the Flu Season

This year, we all need to be prepared for two types of flu – seasonal flu and H1N1 flu. You may be wondering what the difference is between the two and what you can do to prevent their spread.

## What is Seasonal Flu?

Seasonal flu is caused by influenza (flu) viruses that have been interacting with humans for many years. Most of our immune systems have been exposed to influenza viruses at some time in our lives. Having already been exposed to the seasonal flu in some form, the body is able to recognize it and to mount a quick immune response when we encounter the seasonal flu again.

Every year, these viruses change a little bit so a new seasonal flu vaccine is developed that protects us from new characteristics of the altered seasonal flu virus. The best way to avoid getting sick with the flu, is to get the updated flu vaccine every year, and to practice good preventative measures.

## How is H1N1 Different than the Seasonal Flu?

The new H1N1 flu virus emerged in the spring of 2009. It is a novel virus, meaning humans, until recently, have never been infected with this virus. Previously, only animals were infected. The virus genetically changed in a way that enabled it to go from infecting only animals to infecting humans as well.

Novel H1N1 viruses are not spread by food. You can not get infected with novel H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Novel viruses are dangerous because our immune systems have no previous experience battling them. Although the seasonal flu is most dangerous to those with weak immune systems, such as the very young and the elderly, the novel H1N1 virus appears to be a threat to healthy, young adults.

## What are the symptoms of H1N1?

The symptoms of H1N1 flu are very similar to seasonal flu. They include:

Fever 100°F or higher	Trouble breathing
Head and body aches	Sore throat
Chills	Vomiting and/or diarrhea
Cough	

## Who is at risk for seasonal and H1N1 flu?

With seasonal flu, certain people are at “high risk” for serious complications. They include people 65 years and older, children younger than five years old, pregnant women and people of any age with certain chronic medical conditions such as diabetes, heart disease, asthma and kidney disease. These same rules do not seem to apply to H1N1 flu at the moment, which currently is most severely affecting young adults. The Novel H1N1 virus affects young people, pregnant women, people who are obese, and those people with underlying medical conditions noted above.

## What can I do to prevent getting sick?

- Wash your hands with soap and hot water to get rid of germs and to prevent the spread of disease. If you do not have soap and water, use a waterless hand gel with an alcohol base of at least 60%.
- Avoid kissing or shaking hands with people, and do not share food, drinks or utensils.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Get the vaccine for seasonal flu, and if you are in a risk group for H1N1, get that vaccine when it becomes available

### **What should I do if I think I am sick?**

- If you have a fever 100°F or higher, and **one** of the symptoms listed earlier, consider calling your doctor or medical provider if you feel moderate to severe symptoms, such as higher temperature or a serious cough. Your doctor will decide if you need to come in for an appointment and if influenza treatment is needed.
- Stay away from others as much as possible to prevent spreading the flu. This means avoiding normal activities, including work, school, travel, shopping, social events and public gatherings. The Centers for Disease Control and Prevention (CDC) recommends staying at home until you have no fever for at least 24 hours without the help of fever-reducing medicines.
- Cover your mouth and nose with a tissue or your sleeve when you sneeze or cough, and throw the tissue in the trash afterwards.

### **What should I do if someone in my household is sick?**

- Make sure the person who is sick stays at home and gets plenty of rest and fluids. Limit visitors.
- Monitor them for warning signs that the illness is getting worse. Be sure to ask your doctor specifically what signs to look for. If you observe any of the following warning signs, call your doctor immediately:

#### **In children, emergency warning signs that need urgent medical attention can 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 that improve but then return with fever and a worse cough

#### **In adults, emergency warning signs that need urgent medical attention can 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 that improve but then return with fever and a worse cough
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- To prevent the spread of the flu virus it is important to keep surfaces (especially bedside tables, bathroom and kitchen surfaces, and children's toys) clean by wiping them down with a household disinfectant according to directions on the product label.
  - Linens, eating utensils and dishes that are used by the person who is sick do not need to be cleaned separately, but should not be shared without washing thoroughly with soap and water.
  - Wash linens (i.e. bed sheets and towels) by using regular laundry soap. Dry on the "hot" setting.
  - Wash your hands with soap and water or alcohol-based hand rub after handling the sick person's linens, utensils or used tissues.
  - Allow fresh air to flow into your home by opening screened windows and doors.