

Placement of the sick person being cared for at home

- Keep the sick person in a room separate from the common areas of the house. (For example, a spare bedroom with its own bathroom, if that's possible.) Keep the sickroom door closed.
- Unless necessary for medical care or other necessities, people who are sick with an influenza-like-illness should stay home and keep away from others as much as possible, including avoiding travel, for at least 24 hours after fever is gone except to get medical care or for other necessities. (Fever should be gone without the use of a fever-reducing medicine). This is to keep from making others sick. Children, especially younger children, might potentially be contagious for longer periods.
- If persons with the flu need to leave the home (for example, for medical care), they should wear a facemask, if available and tolerable and cover their nose and mouth when coughing or sneezing.

When to seek Emergency Medical Care

Get medical care right away if the sick person at home:

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
- Has seizures (for example, uncontrolled (convulsions))
- Is less responsive than normal or becomes confused (as recommended on www.CDC.gov/h1n1)

Household Cleaning, Laundry and Waste

- Throw away tissues and other disposable items used by the sick person 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.
- Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly 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. Clean your hands with soap and water or alcohol-based hand rub right after handling dirty laundry.



Washington County Health Department

342 Muskingum Drive
Marietta Ohio 45750

Phone: 740-374-2782
Fax: 740-376-7074

Website: www.washco-ohhealth.org

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Or for more information go to

<http://www.cdc.gov/h1n1flu>

H1N1 INFLUENZA

What Do You Need To Know?

What is your Health Department doing?

- Keeping up-to-date with the latest information
- Educating our local healthcare providers
- Working on an information campaign for the public
- Gearing up for fall vaccination clinics
- Working with our area partners (i.e., Local Schools, local Emergency Management, area hospitals, other county health departments)
- Watching for an increase in respiratory illness

Washington County Health Department



Public Health
Prevent. Promote. Protect.

H1N1: Get The Facts

- H1N1, formerly known as swine flu, is a new influenza virus causing illness in people
- It was first detected in April 2009 in the United States
- H1N1 is contagious and spreads from person-to-person much like seasonal flu

Symptoms

Symptoms of H1N1 flu are similar to those associated with seasonal flu:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue



Prevention



Follow these everyday actions to prevent illness:

- Wash your hands often with soap and warm water
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands. If you don't have a tissue, cough into your elbow
- Avoid touching your eyes, nose or mouth
- Avoid contact with sick people
- Do not share eating utensils, drinks, or other similar items

If you get sick:

- Stay home at least 24 hours after your fever is gone (without the use of fever reducing medications)
- Do not travel, run errands, or go to work or school
- Limit your contact with other people

H1N1 Vaccine

- Expected to arrive in mid-October
- The vaccine is not mandatory
- It is made the same way as seasonal flu vaccine
- It may consist of 2 shots given 3 weeks apart
- We are not expected to have a shortage of vaccine.

The Centers for Disease Control and Prevention (CDC) recommends these groups receive the H1N1 vaccine first:

- **Pregnant women**
- **Household contacts & caregivers for children younger than 6 months of age**
- **Healthcare & emergency medical services personnel**
- **All persons age 6 months-24 years**
- **Persons age 25-64 years who have medical conditions**

After these groups have been immunized, the vaccine will be available to everyone who wants it!