

# The Truth about Seasonal and H1N1 (Swine) Flu



# Introduction: The Flu You Know



- Annual flu season starting each Fall and running through early Spring, typically peaking in February
- Annually kills 36,000 people
- Routine flu vaccine is 90% effective in preventing flu

# Introduction: The H1N1 (Swine) Flu



- Also a Type A influenza like the seasonal flu
- Current strain is very low in severity, currently a Level 1 on a severity scale of zero to five.
- Easily treated using same protocols as the seasonal flu
- Identified as a pandemic in Summer 2009, due to geographic reach

# Introduction: What is Pandemic?



- It's all about geography!
- Epidemic: serious outbreak in a single community, population, or region
- Pandemic: an epidemic spreading around the world affecting many thousands across many countries
- Pandemic flu: a pandemic that results from a flu virus strain that humans have not been previously exposed to

# What We Know: Antiviral Medications



- Anti-viral medications:
  - Are not vaccines, however, they can help prevent the flu for individuals with chronic health conditions
  - Common types include Tamiflu<sup>®</sup> and Relenza<sup>®</sup>

# What We Know: Antiviral Medications



- Anti-viral medications:
  - Overuse in patients with mild symptoms can result in viral flu strains that are resistant to medication
  - CDC recommends anti-viral medications be reserved for more serious cases, including those requiring hospitalization




# What We Know: Stop the Spread



- Actions can be taken to stop the spread of flu
  - Governments
  - Corporations
  - Schools
  - Families
  - Individuals

# What We Know: Who infects whom?

	To Children	To Teenagers	To Adults	To Seniors	Total From
From Children	21.4	3.0	17.4	1.6	43.4
From Teenagers	2.4	10.4	8.5	.7	21.9
From Adults	4.6	3.1	22.4	1.8	31.8
From Seniors	.2	.1	.8	1.7	2.8
Total To	28.6	16.6	49.0	5.7	

-  School
-  Home
-  Work

# What We Know: How Flu Spreads



- Person to person when infected people sneeze or cough
- Touching something covered with the virus and then touching your mouth, nose, or eyes

# What We Know: How Flu Spreads



- You can infect others
  - 1 day before your own flu symptoms appear
  - 5 days after you have recovered
  - May be longer in some people

# Detecting the Flu: Seasonal and H1N1 (Swine) Flu



- Symptoms are the same for both types of flu:
  - Sudden onset
  - Fever over 100.4 degrees
  - Cough
  - Plus one or more of the following:
    - Sore throat
    - Aching joints
    - Muscle weakness/aches
    - Diarrhea

# Detecting the Common Cold



- Symptoms:
  - Watery eyes
  - Runny nose
- Seldom causes:
  - Fever
  - Headache
  - Aches and pains

# The Plan: Safeguarding Yourself



- Cover your nose and mouth when coughing or sneezing
  - When near others
  - To keep surfaces from becoming contaminated

# The Plan: Safeguarding Yourself

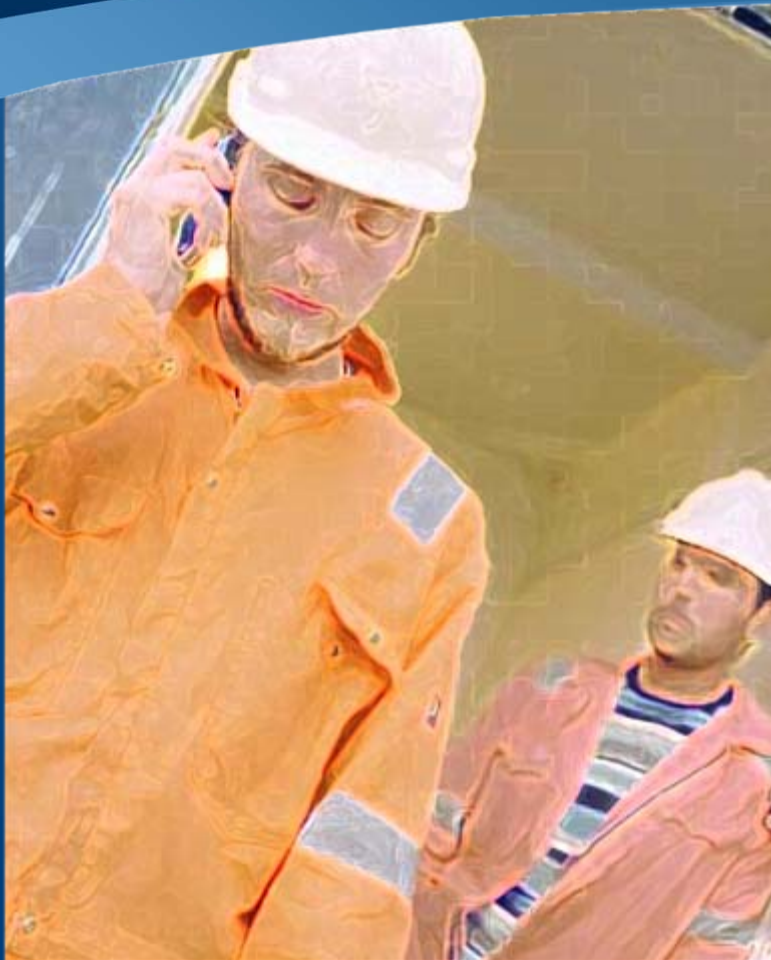


- What can you do now?
  - Wash hands frequently
  - Carry hand sanitizer in case soap and water are not available

# The Plan: Safeguarding Yourself

- Key supplies to have on hand:
  - Disposable thermometers
  - Hand sanitizer
  - Latex gloves (powderless recommended)
  - Alcohol wipes
  - Face masks (if you are going to be in a public place or engaging with people who have the flu)

# The Plan: Safeguarding Yourself



- Use phone calls instead of meetings
- If possible, meet outside or in other well-ventilated areas

# The Plan: Safeguarding Yourself



- Decrease contact with each other
  - Hold only essential meetings and training sessions
  - Keep a distance of three feet from others

# The Plan: Safeguarding Yourself



- Decrease amount of business travel
- Avoid large public gatherings

# The Plan: Protecting Yourself



- Avoid public transportation, if possible
- If unavoidable
  - Consider wearing a mask
  - Do not touch your face, mouth, nose, or eyes with unwashed hands
  - Carry an alcohol-based hand sanitizer or wipes

# The Plan: Safeguarding Yourself



- Eat lunch at your desk
- Avoid cafeterias and restaurants
- Keep personal work areas well-ventilated

# Workplace Cleaning Tips



- Keep your personal work area clean
  - Use bleach solution, when possible
  - Use alcohol wipes, when bleach cannot be used

# Workplace Cleaning Tips



- Keep your work site clean
- Hand sanitize after using/touching:
  - Bathrooms
  - Doorknobs
  - Telephones
  - Break rooms
  - Water fountains

# The Plan: Safeguarding Others



- Review steps with your family
  - Personal hygiene
  - Social distancing
  - Staying home if ill
  - Contaminated surfaces

# The Plan: Safeguarding Others



- Family members with the flu should also practice
  - Social distancing
  - Wearing a mask
  - Personal hygiene
  - Avoid sharing towels, glasses or food

# Seeking Medical Treatment



- Seek medical care
  - If symptoms worsen
    - Difficulty breathing
    - Chest pain
    - Mental confusion
  - Chronic disease or compromised immune systems
  - When in doubt, call your doctor

# The Plan: Safeguarding Yourself



- What can you do now?
  - Get regular aerobic exercise
  - Eat a nutritional diet
  - Get adequate sleep

# Important Resources

- [www.Concentra.com](http://www.Concentra.com)
- [www.cdc.gov](http://www.cdc.gov)
- [www.who.int](http://www.who.int)
- [www.fda.gov](http://www.fda.gov)
- Your local Department of Public Health