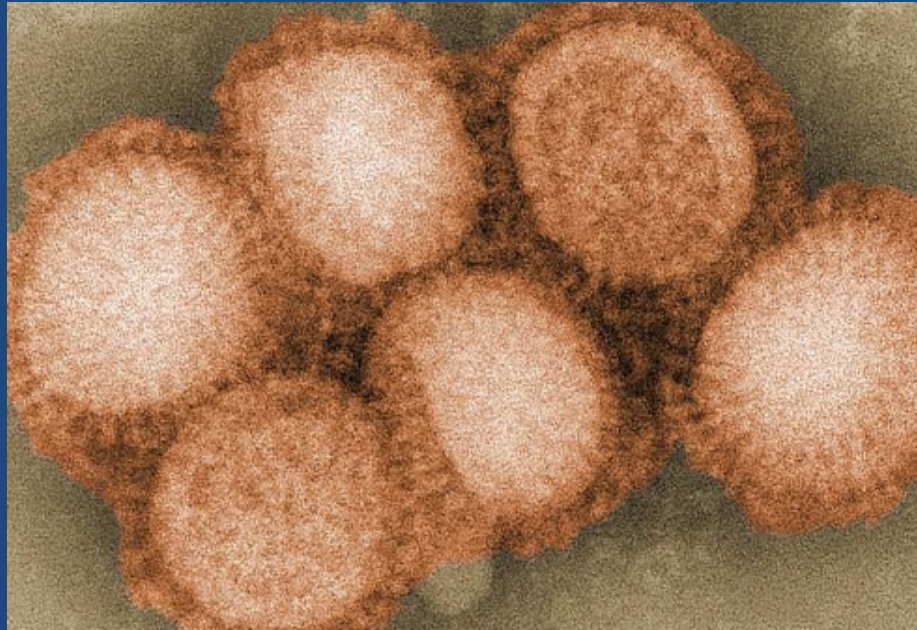


# H1N1 Influenza



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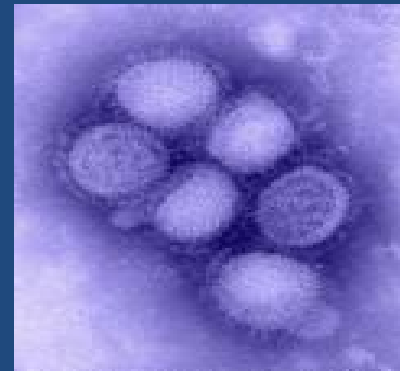
# Flu Facts

- Flu is a virus that is spread person to person by physical contact and respiratory droplets
  - Sneezing and coughing cause droplets
  - Droplets on hands and fingers gets in nose, mouth, and lungs



# Flu Facts

- Two parts of flu virus on the outside (H and N) cause body to create immune reactions
  - Tends to change each year, but can change anytime
  - This year, we have typical/seasonal flu and H1N1 virus flu



# Flu Facts

- Most years, flu virus is similar so most people have some body immune defenses to typical/seasonal flu
- However, about 20,000 people in USA die from typical/seasonal flu each year
  - Half is from cardiovascular problems
  - Young, elderly, and people who already are sick or have health problems tend to have worst results from typical/seasonal flu

# Flu Facts

- Typical/seasonal flu tends to travel around the world eastwards so we watch flu in Asia and develop vaccine for the most recent type of flu in Asia before it comes to USA
  - Flu shots are usually very effective if we have the right strain each year, but they still can help if the strain changes from Asia to USA
  - Therefore, flu shots is recommended for everybody every year, especially those at high risk

# H1N1 Flu Facts

- Because this year H1N1 virus is new since last epidemic in late 1970s/early 1980s, most people under 30 have never been exposed to it and they do not have any body defenses to it
- According to history (Spanish Flu in 1918), a small outbreak in spring 2009 suggests a larger outbreak in fall 2009
- As a result, we predict that about 90,000 people in the USA might die in 2009 and 2010 from this year H1N1 virus

# High Risk for H1N1 Flu

- People who are 24 years old and younger
- Pregnant women
- Anybody with any chronic health problems
  - Asthma
  - Diabetes
  - Chemotherapy
  - Others

# H1N1 Flu Vaccine

- As a result, a vaccine specific for H1N1 flu will be available in late September 2009
- This vaccine is mandatory for health workers
- Young adults and people with chronic health problems will also be given priority for this vaccine

# What About Children?

- We are now expecting that children under age 10 will need two doses while one dose will be enough for older children and adults
- However, the youngest age that FDA has approved a vaccine for is 6 months so adults who live with babies less than 6 months old might also need to be vaccinated

# Vaccines Age Recommendations

- The age recommendations are slightly different for the three different vaccines that the FDA has approved to use in children.
  - MedImmune - two doses for children 2 through 9 years old
  - Novartis - two doses for ages 4 through 8
  - Sanofi Pasteur - two doses for ages 6 months through 8 years

# Side Effects of H1N1 Vaccines

- Two studies from Australia and UK
- Common side effects of H1N1 vaccines appear to be similar to the typical/seasonal flu vaccines
  - Pain at injection site (36-70%)
  - Muscle aches and headaches (42-45%)
  - No serious side effects, but only 340 people tested
  - In 1976, 1 in 100,000 people who received “swine flu” vaccine had a rare type of paralysis that usually resolved

# Basic Prevention of H1N1 Spread

- **Frequent hand washing**

- Wash your hands anytime you think you might be around anybody might be sick
- Consider carrying an alcohol-based cleaner with you



- **Cough etiquette**

- Cough or sneeze into a tissue (or sleeve) – not your hands!
- Immediately throw away used tissue
- Immediately wash your hands



# Basic Prevention of H1N1 Spread

- Use approved disinfectants on surfaces that many people touch (doorknobs, desktops, computer keyboards, telephones, etc.)



- Stay home if you have severe respiratory or flu-like illness

# Immunization Recommendations

- Everybody should receive the regular vaccine for typical/seasonal flu
- H1N1 vaccine (one or two vaccinations spread weeks apart)
  - People who are 24 years old or younger
  - Age 25 and up if they have chronic health problems

# What Do You Do If You Get Sick?

- If you have flu-like symptoms, do not visit your health care provider unless you have:
  - Pregnancy
  - Asthma or another chronic respiratory disease
  - Diabetes
  - Cancer with ongoing chemotherapy
  - Any conditions that worsens with flu

# What Do You Do If You Get Sick?

- Do not return to work until 24 hours without fever with no use of fever-controlling medications (Tylenol, Advil, other OTC cough and flu medicines)
- Probably good idea to wait for your cough to stop

# For More Information

- **Centers for Disease Control**
  - <http://www.cdc.gov/h1n1flu>
- **University of Rochester**
  - <http://www.rochester.edu/emergency/h1n1>