



**Public Health**  
Prevent. Promote. Protect.

*Pike County General Health District*

**2009-2010**

# H1N1 Information

## *What is H1N1 Influenza?*

H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person to person, probably in much the same way that regular seasonal influenza viruses spread.

## *Symptoms*

H1N1 flu virus infection can cause a wide range of symptoms, including:

- \* **fever**
- \* **cough**
- \* **sore throat**
- \* **body aches**
- \* **headache**
- \* **chills**
- \* **fatigue**

Some people have also reported diarrhea and vomiting. Like seasonal flu, H1N1 flu in humans can vary in severity from mild to severe.

## *Associated Infections*

Severe disease with pneumonia, respiratory failure and even death is possible with H1N1 flu infection. At times bacterial infections may occur at the same time as or after infection with influenza viruses and lead to pneumonias, ear infections, or sinus infections.

## *How Influenza Spreads*

The main way that influenza viruses are thought to spread is from person to person in respiratory droplets of coughs and sneezes. This can happen when droplets from a cough or sneeze of an infected person are propelled through the air and deposited on the mouth or nose of people nearby. Influenza viruses may also be spread when a person touches respiratory droplets on another person or an object and then touches their own mouth or nose (or someone else’s mouth or nose) before washing their hands.

## *Who is at Risk?*

Although there is still much that remains unknown about H1N1 influenza, it appears that this strain may be more prevalent and/or severe in different groups of people than seasonal influenza. Currently, the Centers for Disease Control and Prevention have suggested that:

- **pregnant women**
- **individuals birth to 24 years old**
- **people 24 to 64 years old with chronic health conditions**

may have increased risk for severe illness and complications associated with H1N1 influenza. However, it is important to know that everyone is at risk for contracting H1N1 and should take steps to protect themselves and others.

## *What You Can Do*

### **Cover Your Cough**

with a tissue and throw the tissue in the trash immediately.

### **Wash Your Hands Often**

with soap and warm water for at least 20 seconds. You can use alcohol-based sanitizers as well.

### **Avoid Touching Your Eyes, Nose and Mouth**

because germs spread this way.

### **Stay Home if You are Sick**

and remain home until you have been free of a fever without the use of fever-reducing medication for 24 hours.

### **Avoid Close Contact with Others**

if they appear to be ill.

### **Follow Public Health Advice**

regarding avoiding crowds and other social distancing measures.

*Information Provided Here is Based on Current CDC Recommendations as of August 2009*

[www.pike-health.org](http://www.pike-health.org)



**Public Health**  
Prevent. Promote. Protect.

## *Pike County General Health District*

### **Head Lice**

#### *What Are They?*

Head lice are yellowish-white insects that are about 1/8th of an inch long. Head lice infest the head and neck and attach their eggs (called nits) to the base of the hair shaft. Lice move by crawling; they cannot hop or fly. They are passed from direct personal contact (head-to-head contact or by combs, hats, or coats). Lice do not cause disease. Itching of the scalp may be the first sign of head lice.

#### *What Do I Do?*

Follow these steps to get rid of head lice:

- 1. Apply a lice-killing hair product.**
- 2. Remove the nits.**
- 3. Clean the home.**

#### *Contact Your Physician*

about head lice treatment if you are pregnant or breastfeeding, if your child is under 2 years old, the skin of the scalp is broken or infected, lice are in the eyebrows or eyelashes, or head lice remain after two treatments of lice killing hair product.

#### *Reminders*

- Check for lice often during the school year
- Do not shave the head
- Do not use kerosene or gasoline!
- Only treat the hair of persons with lice or nits
- Follow directions on head lice product exactly

### **Vaccinations**

#### *Why Should I Vaccinate My Child?*

Vaccines have contributed to a significant reduction in many childhood diseases, such as diphtheria, polio, and measles. It is now rare for American children to experience the devastating effects of these illnesses. Infant deaths due to childhood diseases have nearly disappeared in the United States and other countries with high vaccination coverage. But the germs that cause vaccine-preventable diseases and death still exist, and can be passed on to people who are not protected by vaccines. It is extremely important to make sure your child is up to date on their vaccinations for their safety and the safety of the community.

#### *Are Vaccines Safe?*

Vaccines are held to the highest standard of safety. The United States currently has the safest, most effective vaccine supply in history. Years of testing are required by law before a vaccine can be licensed. Once in use, vaccines are continually monitored for safety and efficacy.

#### *Vaccine Preventable Diseases*

Diphtheria, *Haemophilus influenzae* type b, Hepatitis A, Hepatitis B, Human Papillomavirus (HPV), Measles, Meningococcal disease, Mumps, Pertussis (Whooping Cough), Pneumococcal disease, Polio, Rotavirus, Rubella (German Measles), Tetanus (Lockjaw), Varicella (Chickenpox)

#### *Keep a Record*

A shot record should be started when your child receives his/her first vaccination and updated with each vaccination visit. It is important to keep a copy of this record to avoid having to repeat vaccinations.

*Pike County General Health District*

14050 US 23 N. Waverly, Ohio 45690 (740)947-7721 [www.pike-health.org](http://www.pike-health.org)