



County Officials Announce Distribution Plans for Seasonal and H1N1 Vaccines

According to the CDC, as many as 40 percent of Americans could contract the H1N1 virus this **flu** season.



The seasonal flu contributes to the **death** of about 36,000 individuals nationwide every year. During 2008-2009 flu season, there were two flu-related deaths in San Diego County; nine deaths were reported the year before. The highest number of flu-related deaths occurred in 2003-2004 when 22 deaths were reported locally.

"The County of **San Diego** wants you to be ready" said Supervisor Ron Roberts at a Flu Kick Off event at the Martin Luther King, Jr. Recreation Center, organized by the San Diego Black Nurses Association, AARP, San Diego Metro Chapter 4916, the San Diego Immunization Coalition, and HHSA. During this event, more than 300 area residents received the seasonal flu vaccine at no cost.

"The H1N1 influenza **virus** has been in our community since April, but now we're in the swing of the regular flu season and we need the community's help in protecting individuals from influenza," said Dr. Wilma Wooten, M.D., M.P.H., San Diego County Health Officer.

Since the **H1N1** influenza was detected in San Diego County, it has never left the region and continues to be widespread throughout the county. The number of hospitalizations and deaths due to H1N1 influenza increased steadily through the summer. To date, there have been 309 H1N1 hospitalizations and 23 H1N1-related deaths. The number of H1N1-related deaths has now equaled to the highest number of seasonal flu deaths ever reported in the county.

"This year we are dealing with two types of flu: seasonal flu and H1N1 influenza. It is extremely important for people to plan ahead and **educate** themselves about both types of flu and get vaccinated against both." "The single most important action a person can take to protect against getting both types of influenza is to get their flu **shots**." said Supervisor Ron Roberts, who gave the sample by rolling his sleeves.



Supervisor Ron Roberts having his flu shot at the Martin Luther King Jr. Recreation Center

The seasonal flu **vaccines** and the H1N1 vaccines are now available in San Diego County. The Health and Human Services Agency is working closely with local agencies including school districts to determine the best way to deliver the H1N1 vaccine. 24 school districts have indicated an interest in delivering the vaccines at school sites. Furthermore, about 450 health providers and businesses in the county have registered with the state to give the H1N1 vaccine at their facilities.

26,000 doses of nasal spray vaccine will be available at various primary care physicians' offices throughout the county. An additional 2,000 **doses** are being offered at County public health centers. Additional supplies of the vaccine are expected.

As additional allotments of H1N1

Dr. Wilma Wooten M.D., M.P.H., San Diego Health Officer at the H1N1 Vaccine Announcement

vaccine continue to arrive in San Diego County, people will be able to get it through their primary **care provider**, retail pharmacies, community clinics and public **health** centers. HHSA is also considering doing mass vaccinations at different locations throughout the county.

Individuals with underlying medical conditions experiencing influenza-like illness or symptoms should contact their primary care physician in a timely manner.

According to state guidelines, the initial doses of H1N1 nasal spray vaccine are designated for **children** 2-18 years of age who are healthy and healthy household contacts of infants younger than 6 months.

"We cannot emphasize enough the importance of getting your seasonal flu shot," said Dr. Dean Sidelinger, County Deputy **Public** Health Officer. "Getting the vaccine against H1N1 is also extremely important because the majority of people do not have immunity against this flu."

It is especially important that people at higher risk for contracting H1N1 **influenza** get the vaccine. These include pregnant women, caretakers of children under 6 months, children and adults up to 24 years of age, emergency healthcare workers, and people with chronic medical conditions such as **asthma**, COPD, heart disease or diabetes. However, everyone

should get the vaccine to receive immunity against the H1N1 virus.

The general public is encouraged to **stay home** from work or school if you have influenza-like illness or symptoms similar to the seasonal flu which include fever, cough, sore **throat**, body aches, headache, chills and fatigue.

"In addition to getting the flu vaccine, to prevent getting the H1N1 virus and seasonal influenza, people should also continue taking other precaution. People should wash their **hands** thoroughly and often, or use **hand sanitizers**, and cover their coughs and sneezes, avoid touching their eyes, nose, and mouth, routinely clean commonly touched surfaces, and stay away from those who are sick" added Wooten. "Also, if people are sick, they should **stay home** for 24 hours after fever is gone, without the use of fever-reducing medications, and avoid contact with others."

San Diego County residents are **encouraged** to call their primary care doctor to check on availability of H1N1 vaccine. For more **information** about seasonal flu and vaccine locations, visit www.cdc.gov or www.sdiz.org or call 2-1-1 San Diego.

THE FLU CAN HIT ANYBODY HARD

The Centers for Disease Control and Prevention (CDC) reports that every year the flu sends on average more than 200,000 to the **hospital**. Flu and pneumonia combined kill over 36,000 Americans, making the deadly duo the eighth leading cause of death in the country. A whopping 90 percent of these deaths are among people over 65 each year.

The flu it's especially dangerous for people with weak immune systems. If you are sick, **pregnant**, or you are over 65, the flu is particularly dangerous because the fight with the viral infection can exhaust your body, making it easy for life-threatening complications such as bacterial pneumonia to take hold. It can also worsen the symptoms of pre-existing conditions

like **heart** disease, **diabetes**, asthma, and COPD.

FLU & PREGNANCY

Pregnancy can increase the **risk** for complications from the flu, such as **pneumonia**. Pregnant women are more likely to be hospitalized from complications of the flu than non-pregnant women of the same age. Pregnancy can change the immune system in the mother, as well as affect her heart and lungs. These changes may place pregnant women at increased risk for complications from the flu. It's a good idea for other family members to also be vaccinated against the flu, since this helps to prevent the disease from spreading within the household.

IF YOU ARE PREGNANT AND GET THE FLU

Call your health care provider if you think you have the flu. Get plenty of rest, and drink a lot of nonalcoholic liquids. Do not use any over-the-counter cold and flu medications, herbal products and dietary supplements without first talking to your health care provider. Just because something is available over the counter doesn't mean it's safe to take during pregnancy.

EMERGENCY SIGNS DURING PREGNANCY- Call your health care provider immediately if you experience heavy bleeding, a sudden loss of fluid, a marked absence of movement by the baby once he or she has begun moving, or more than three contractions in an hour.

The words written in **bold** within the article are the **hidden words** in the cross-word puzzle.

