




## CALAVERAS COUNTY PUBLIC HEALTH DEPARTMENT

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To: Parents/Guardians  
From:  Dean Kelaita, M.D.  
Calaveras County Health Officer  
Date: August 18, 2009  
Subject: Pandemic H1N1 Flu Prevention

The new H1N1 flu virus (Swine Flu) has continued to cause illness in California and the U.S. since it was first found in April 2009. There have been three documented cases of the H1N1 flu in Calaveras County (April, May and July). More H1N1 flu cases are expected to occur in the County.

While most people with the H1N1 flu recover without problems, there have been 104 deaths in California from the H1N1 flu. Most of the serious illness and deaths from H1N1 flu have been in younger persons. Many of these persons were high risk for serious illness due to asthma, pregnancy or other medical conditions.

Now that children and youth have returned to school, the virus may spread among students at school and then to high risk family or community members. The Public Health Department wants you to know how you can reduce the spread of flu.

### Stay Home if Students and Family Members Have Flu-Like Illness

All persons with a flu-like illness should stay home to keep from spreading the flu to others. If you or your student has a fever of 100°F or more and a cough or sore throat, please stay home. *Protect others by staying home for at least 24 hours after the fever is gone (without the use of fever-reducing medicine).*

### Get Flu Vaccine This Year

Watch for information coming home about both seasonal flu vaccine and H1N1 flu vaccine. If you have a high risk family member, protect them with vaccine.

### Wash Hands, Cover Coughs and Sneezes

Coughs and sneezes propel flu virus into the air. Cover coughs and sneezes to keep the virus from reaching others. Wash your hands often and help young children wash their hands properly. This everyday action removes flu viruses.

The Public Health Department and your school are working together to prevent flu and keep communities healthy. Please contact the Public Health Department at 754-6460 or 1-800-754-8889 for more information or visit the website at [www.co.calaveras.ca.us](http://www.co.calaveras.ca.us).



**Calaveras County Public Health Department  
San Andreas, California**

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**NOVEL H1N1 FLU  
FACT SHEET**

**What is novel H1N1 flu?**

Novel H1N1 flu [previously called swine flu] is a new flu virus. The virus was first present in the United States as of April 2009. It continues to be present throughout California and the U.S.

**How is novel H1N1 flu spread?**

Novel H1N1 flu spreads from person-to-person. It is believed that the flu virus spreads mainly from person-to-person through coughing or sneezing by people infected with novel H1N1 flu. People may also become infected by touching an object with flu virus on it and then touching their mouth or nose. The virus can live on a surface for 2-8 hours.

**What are the symptoms of novel H1N1 flu?**

The symptoms of novel H1N1 flu are similar to those symptoms of seasonal flu. The symptoms usually include:

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

Many people with this virus also have diarrhea and vomiting.

Like seasonal flu, severe illness and death has occurred. Some people are at higher risk of serious flu-related illness. These include:

Children younger than 5 years

Pregnant women

People of any age with certain chronic medical problems like asthma and diabetes

Unlike seasonal flu, people over 64 years do not yet appear to be at increased risk of novel H1N1 flu related complications. The Centers for Disease Control and Prevention [CDC] are doing studies to learn more. Early reports indicate that children and few adults less than 60 years old have any existing antibodies to protect them from novel H1N1. About one third of adults older than 60 years may have some antibodies to protect them from the virus. It is unknown how much protection may exist for those with antibodies.

So far, the largest number of novel H1N1 flu cases has occurred in people 5 to 24 years of age. There have been a few cases and deaths in people older than 64 years.

**How long can an infected person spread the novel H1N1 virus to others?**

At this time, disease experts believe the virus can be spread like seasonal flu. This means an infected person is probably contagious from 1 day before symptoms develop and up to 7 days after getting sick. Children, especially younger children, may be contagious for longer periods. This information may change as more is learned about novel H1N1 flu virus.

**Is there a vaccine to prevent novel H1N1 virus?**

The vaccine to protect against novel H1N1 is being tested. It is expected to be ready for distribution in communities this fall. Those groups at high risk of serious illness will receive the vaccine first. Other community members will receive the vaccine as more vaccine becomes available. The Public Health Department will get this information to students through the schools and to the community through the media. Information will be available on the Public Health Department website [Calaveras County H1N1].

**What can you do to protect yourself and others from getting sick?**

There are everyday actions that can help prevent the spread of germs from flu and other respiratory illnesses.

- Stay home if your or family members have flu-like symptoms. Stay home until you have been without a fever [without using fever reducing medicines] for 24 hours.

- ❶ Cover coughs and sneezes with a tissue. Toss tissue in the trash after use. If you do not have a tissue, cough or sneeze into the bend of your elbow. Clean hands after sneezing or coughing.
- ❷ Wash hands often and thoroughly with soap and water for at least 20 seconds. If you cannot use soap and water, an alcohol-based hand sanitizer can be used. Rub hand sanitizer on hands until the gel is dry.
- ❸ Keep hands away from eyes, nose or mouth. Germs spread this way.
- ❹ Avoid close contact with others who are sick.

Be prepared in case you get sick and need to stay home for a week or so. Have a supply of over-the-counter medicines for fever, alcohol-based hand rubs, tissues and other items that might be useful if you are ill. Have enough food to avoid any trips out in public while you are contagious.

**What should you do if you get sick?**

If you are at high risk for flu complications, call your doctor or clinic for advice. If you become seriously ill, get medical care immediately.

Further information about novel H1N1 flu vaccine will come from the Public Health Department as it becomes available. If you have questions regarding this fact sheet, call the Public Health Department at 754.6460 or 1.800.754.8889.