

The vitals on swine flu

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WHO IS MOST AT RISK AND SHOULD GET THE H1N1 (SWINE FLU) VACCINE?

Worldwide, about 40 percent of severe cases are now occurring in previously healthy children and adults under 50. People 65 or older have a lower risk of infection.

- **Pregnant women**
Pregnant women make up 1 percent of the population but represent 6 percent of all deaths from H1N1. They should receive an inactivated vaccine.
- **People who live with or care for babies younger than 6 months**
- **Health care and emergency medical services personnel**
- People ages **6 months to 24 years**
- People ages 25 to 64 with chronic health disorders, such as **diabetes, asthma, heart-lung disease or compromised immune systems**

WHEN CAN I GET THE H1N1 VACCINE?

October (estimated)

Currently undergoing human trials.

Priority

Will be given to those in the high-risk categories.

Two shots

May be given at the same time as seasonal flu vaccine. It takes two shots of the H1N1 vaccine three weeks apart to achieve immunity.



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The seasonal flu shot

Health officials recommend that people get the seasonal flu vaccine first, because it is available now. Seniors especially need to get the seasonal flu vaccination, because they do not possess the natural immunity they may have for the H1N1 virus.

WHERE CAN I GET THE H1N1 VACCINE?



■ **Spokane Regional Health District**
1101 W. College Ave.
(509) 324-1500
www.srhd.org

- **Minor emergency clinics**
- **Medical clinics**
- Each county in Washington and Idaho will have a different distribution plan.

NORTH IDAHO:
www.phd1.idaho.gov

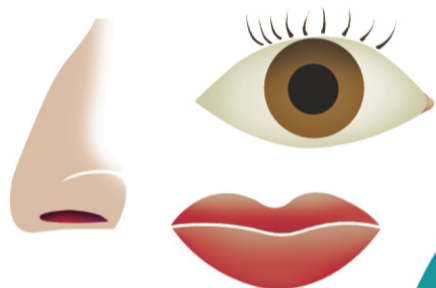
HOW DO I PREVENT INFECTION?



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- **Wash hands frequently**
Lather up with soap and warm water for two verses of "Happy Birthday."
- **Alcohol-based hand cleaner**
Rub hands well until dry.

- **Don't touch eyes, mouth or nose**
Infection may occur through mucous membranes.



FLU SYMPTOMS: HOW DO I KNOW IF I AM GETTING THE FLU?

- Sudden onset of fever or sore throat
- Body aches, chills
- Headache ■ Cough
- Runny or stuffy nose

OTHER SYMPTOMS:

- Diarrhea ■ Vomiting



PRACTICE THE PROPER WAY TO **COUGH OR SNEEZE**

- **Cough or sneeze into your elbow, upper arm or shoulder, not the hands.**
Adults should teach this method to children.
- **Avoid crowds**
Keep your distance, avoid crowds and sick people and sit and stand farther apart.

WHEN TO SEEK URGENT MEDICAL CARE

Danger signs in people with H1N1

People at higher risk of severe illness should contact their doctor as soon as they become ill. Medication may prevent severe illness.

- Shortness of breath, either during physical activity or while resting
- Difficulty in breathing
- Lips turning blue
- Bloody or colored sputum or phlegm
- Chest pain
- Altered mental status
- High fever that persists beyond three days
- Low blood pressure

Danger signs in children include

- Fast or difficult breathing
- Lack of alertness
- Difficulty in waking up
- Little or no desire to play



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Clinical deterioration

Characterized by pneumonia, which destroys the lung tissue and does not respond to antibiotics, and the failure of multiple organs, including the heart, kidneys and liver. These patients require management in intensive care units.

WHEN NOT TO GO TO THE DOCTOR

The Spokane Regional Health District recommends that if you begin experiencing flu symptoms you:

- **Stay home, if you are not in any of the high-risk groups.**
- **Do not seek medical care at doctor's offices, minor emergency clinics and emergency rooms.**
These places may be overwhelmed with people in more critical need of care or who are more susceptible to becoming infected with influenza.

ANTIVIRALS MAY BE SAVED FOR THOSE AT INCREASED RISK

Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight the flu by keeping the virus from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This fall, antivirals may be prioritized for persons with severe illness or those at higher risk for complications.

Pregnant women are among groups at increased risk. The CDC recommends that pregnant women receive antiviral treatment as soon as possible after symptom onset.

Image of Tamiflu by Moriori via Wikimedia Commons



IF YOU'RE NOT IN ANY OF THE HIGH-RISK GROUPS AND YOU GET SICK WITH THE FLU

- **Stay home when symptoms first appear**
- **Get plenty of bed rest**
- **Drink clear liquids**
- **Take acetaminophen to reduce fever**



- **24 more hours**
Stay home after the fever breaks for at least one more full day.

SOURCES: Spokane Regional Health District, Centers for Disease Control and Prevention, World Health Organization