

What to do, when to do it for two types of flu

Public Affairs staff report

What to do, when to do it for two types of flu this year

Oct. 5, 2009 -- We'll see two types of influenza outbreaks this year.

The Dunham flu shot outreach clinic will continue its outreach program for seasonal flu shots this month. The adult clinic for families, retirees and DA Civilians is at the Post Chapel: 8 am to 3 pm on Friday, Oct. 2, Tuesday, Oct 6, Friday, Oct. 9. Seasonal flu shots for children, 6 months – 10 years are scheduled at the Dunham Clinic: 4:30 pm to 7 pm, on these Tuesdays: October. 6, 13, 20.

The H1N1 flu vaccine is expected to be available in October – after the seasonal flu shots are completed.

The Banner online is the post's single news source for updates on H1N1 and H1N1 vaccines. For additional details about flu, check the Center for Disease Control & Prevention web site at www.cdc.gov.

Symptoms of seasonal flu and H1N1 flu are similar.

Treatment is the same for seasonal and H1n1 flu: stay home and rest.

Prevent -- now

- a. Get your seasonal flu vaccination. The seasonal flu shot is NOT the H1N1 shot but it is an investment in your health.
- b. Use all your options for personal prevention. Wash your hands -- well and often. Think twice before touching your nose or mouth. Flu viruses are present on surfaces and in the air.
- c. Dunham Clinic will receive H1N1 vaccinations but the timing and amount are not known. The wise course will be to tap into the supply that becomes available.
- d. When H1N1 vaccines become available in our area, pay attention to announcements in the civilian communities. States will release H1N1 vaccinations according to current priorities.
- e. When you're eligible for the H1Ni vaccination, get it. Historically, new flu pandemics come and go in waves.

Prepare - when friends or family have flu-like symptoms –

- a. Be aware that people with flu are contagious 24 hours before symptoms.
- b. You need not stay away from work or classes if a family member has flu. The CDC is reporting a likelihood of 8-12 percent that you'll get the flu from someone in your home.

Respond - if and when flu-like symptoms occur –

- a. Flu is marked by a fever of 100.5 degrees or higher AND flu-like symptoms: stay home, rest and drink fluids.
- b. CDC and Dunham guidance is to stay home for 5-7 days after symptoms or 24 hours after the fever breaks, whichever is longer.
- c. Medical attention is not required, with these exceptions:

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults

- Difficulty breathing or shortness of breath
 - Pain or pressure in the chest or abdomen
 - Sudden dizziness
 - Confusion
 - Severe or persistent vomiting
- d. Although Dunham Clinic has antiviral medications, like tamiflu, usage will be restricted to high-risk medical conditions, because of the risk of building resistance.