

PUBLIC HEALTH UPDATE #2 - Sept. 25, 2009

H1N1 swine influenza: What you should know

To-date, there have been 91 laboratory confirmed H1N1 swine flu deaths in Florida. The Volusia County Health Department has been notified of three H1N1 swine flu deaths locally.

While most cases of H1N1 swine flu are mild, there are exceptions. Pre-existing health conditions often play a role in how individuals react to the flu.

Deaths and severe illness due to the virus have been mostly, but not entirely in persons with pre-existing medical conditions, as well as in pregnant women. Most people who have become ill have recovered at home without requiring medical treatment.

Weekly health tip

The Center for Disease Control and Prevention and the Department of Health and Human Services recently announced anyone over the age of ten years will require just one dose of the H1N1 swine flu vaccine.

It is important to remember the H1N1 swine flu vaccine is not intended to replace the seasonal flu vaccine, but is to be used in addition to the seasonal flu vaccine. Health officials advise the seasonal flu and H1N1 swine flu vaccine may be administered on the same day.

Is your workplace prepared for flu?

If half your employees come down with flu this season, can you keep your business running? That's what local health officials and Volusia County Emergency Management are asking business leaders this flu season.

Here are some proactive steps businesses can take:

- Provide written guidance on flu.
- Work closely with local and state public health officials to provide the most up-to-date information to employees.
- Provide sufficient facilities in the workplace for hand washing and encourage use of alcohol-based hand sanitizers.
- Reiterate to employees that they should stay home if they are sick.
- Establish leave policies to allow sick employees to stay away from work and cross-train employees in different roles.
- Flu preparedness toolkits for businesses and employers and other resources are available online at www.VolusiaHealth.com.

Flu Prevention Tips

Cover your cough or sneeze
Wash hands frequently
Stay home when sick

Speakers Bureau

Groups and businesses in Volusia County can request a speaker from the Volusia County Health Department's Influenza Speakers Bureau to address citizens' questions about flu – seasonal and H1N1 swine flu. Presentations are free.

Call Rakinya Hinson (386) 274-0500 ext. 0601 to request a speaker.

Flu information resources: Only a click or call away

The Florida Flu Information Line is available at (877) 352-3581. The line is staffed from 8 AM - 8 PM, with a recorded message available 24/7.

Visit the **Volusia County Health Department:**

www.volusiahealth.com

The **Florida Department of Health** provides updated flu information at

www.myflusafety.com.

"What's New on the H1N1 Flu?"

Center for Disease Control resource:

www.cdc.gov/h1n1flu/whatsnew.htm