

Pandemic H1N1 UPDATE

KEEPING PARTNERS INFORMED ABOUT PANDEMIC H1N1 IN LOS ANGELES COUNTY

*Welcome to **Pandemic H1N1 Update!** This monthly publication provides timely and credible information from the Department of Public Health for Los Angeles County community groups and residents.*

Pandemic H1N1 Vaccine News: Availability and Safety

AVAILABILITY

Pandemic H1N1 vaccine has arrived in L.A. County. However, shipment delays and high demand will impact vaccine availability. People who fall within the Centers for Disease Control and Prevention's (CDC) target groups will get vaccinated first. Those who don't fall in any target group will get vaccinated later in the flu season as vaccine production and supply increases.

Pandemic H1N1 Vaccine Target Groups

Pregnant women

People living with or caring for infants under 6 months of age

Children and young adults from 6 months through 24 years

People aged 25 through 64 with a chronic medical condition

Healthcare and emergency medical workers with direct patient contact

Check with your regular medical provider, health plan, or local pharmacy to see how you can get your seasonal **and** pandemic H1N1 vaccines. If you don't have a regular medical provider, call 2-1-1 toll-free or visit <http://publichealth.lacounty.gov> for the latest flu vaccination clinic schedule.

SAFETY

Millions of people get vaccinated each year. That's why the Food and Drug Administration (FDA) requires vaccines to meet higher safety standards than other drugs. The pandemic H1N1 vaccine was made in the same way as seasonal flu vaccines, which have proven to be very safe every year. Recent safety studies also show no major side effects (adverse reactions) from the pandemic H1N1 vaccine.

As a result, CDC expects serious side effects to occur only **rarely** if at all after pandemic vaccination. Adverse reaction data will be collected by medical providers and shared with state and local health departments. Health departments will work with the FDA and CDC to monitor vaccine safety and share reports with the public.

Many people fear they may get the flu from the pandemic H1N1 vaccine. However, **the vaccine does not cause the flu**.

- You may experience symptoms, like mild fever, after being vaccinated because
- Your body is developing immunity.
 - You might have been infected with the flu before your vaccine started working (it takes up to 2 weeks for the vaccine to work).
 - You might be infected with a different type of infection than what you were vaccinated against.



Preventing H1N1 or Seasonal Flu

No matter the virus, preventing the flu requires little effort. Follow these tips to stay healthy:

- **Cover** your nose and mouth with a tissue when you cough or sneeze.
- **Wash** your hands often with soap and water. Gel sanitizers (such as Purell®) are also effective.
- **Avoid touching** your eyes, nose, or mouth since germs spread that way.
- **Avoid close contact** with sick people.
- **If you're sick, stay home** and rest for at least 24 hours after fever ends.



Pandemic H1N1 Status Report

Current CDC reports show that around the United States:

- Almost all flu cases to date have been caused by the pandemic H1N1 virus.
- Pandemic H1N1 related hospital stays and complications are mostly in children ages 0 through 4 years old, pregnant women, and in people with underlying health conditions including asthma, lung disease, or diabetes.

Pandemic H1N1 flu, like seasonal flu, can be a serious disease. Consequences can include

hospitalization and even death.

The good news is that there are safe and effective vaccines to prevent both types of the flu. Flu season is just beginning and will last through March 2010. Getting vaccinated against both seasonal **and** pandemic H1N1 flu is the best way to protect yourself from the flu.



Nasal Spray or Shot: Which One Should You Get?

The best way to prevent the flu is to get vaccinated. Target group members should be the first ones vaccinated against pandemic H1N1 because they're at higher risk for getting or spreading the flu, or suffering from pandemic H1N1 complications. Anyone who doesn't fall into any pandemic H1N1 vaccine target group can get a pandemic H1N1 vaccine later in the flu season once vaccine supplies increase.

The pandemic H1N1 vaccine comes in two forms-shot (injection) or nasal spray. The nasal spray vaccine is not right for everyone. The table below lists standard recommendations for who can get each type of pandemic H1N1 vaccine. Check with your regular medical provider to see what is best for you and to find out how you can get your seasonal **and** pandemic H1N1 vaccines. If you don't have a regular medical provider, call 2-1-1 toll-free or visit <http://publichealth.lacounty.gov> for the latest flu vaccination clinic schedule.

Pandemic H1N1 Vaccine		
Group	Form	Dose
Healthy persons between the ages of 2 and 49 years who are not pregnant	Nasal spray or Injection	• Children younger than 10 years of age: 2 doses given about 28 days apart • People 10 years of age or older: 1 dose
Children between the ages of 6 months through 9 years of age, regardless of health status	Injection	2 doses given about 28 days apart
Persons 10 years of age or older, regardless of health status	Injection	1 dose
Pregnant women or teens	Injection	1 dose

Pandemic H1N1: What do you know?

1. Where can pandemic H1N1 vaccine target group members get vaccinated?

- A. Their doctor's office or clinic
- B. Public Health vaccination clinics
- C. Retail pharmacies
- D. All of the above

2. The best way to prevent pandemic H1N1 is...?

- A. Getting a H1N1 vaccination
- B. Wearing a mask
- C. Cleaning your house with bleach at least once a week
- D. Taking antivirals

3. Who should ask their medical provider about antivirals?

- A. Someone who has flu symptoms and also has a chronic medical condition
- B. Pregnant women who have the flu
- C. Persons over 65 years old that show signs of the flu
- D. All of the above

Answers: 1. D, 2. A, 3. D

H1N1 Resources

Centers for Disease Control and Prevention (CDC)

(800) CDC-INFO or (800) 232-4636
www.cdc.gov/h1n1flu/general_info.htm

California Department of Public Health

(888) 865-0564
www.cdph.ca.gov/HealthInfo/discond/Pages/SwineInfluenza.aspx

Los Angeles County Department of Public Health

Healthcare services: Dial 2-1-1

Speaker Requests and Materials:

<http://www.ph.lacounty.gov/h1n1>

Listserv:

Email Listserv@listserv.ph.lacounty.gov and include "subscribe DPHUPDATE first name last name" in the subject line and body