

H1N1 Flu Virus Update

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We are not hearing too much in the news regarding the H1N1 Flu (formally called Swine Flu) in the last couple of days. Nationwide, influenza like illness activity is decreasing at this time. In the State of Wisconsin, testing is recommended **ONLY** for patients with acute respiratory illness accompanied by a fever **AND** one of the following criteria: pregnancy, hospitalization, healthcare worker, child two years of age or less, resident or staff of residential or correctional facilities, Public Health department approval or positive Influenza A test result.

At this time, most people who have become ill with H1N1 Flu in the United States have experienced typical flu symptoms and have recovered without requiring medical treat. Some symptoms of typical flu include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. Many who have tested positive for H1N1 have also reported diarrhea and vomiting. As to date, Oneida had tested six individuals. All testing that has been submitted through the Oneida Community Health Center have all tested negative. Most cases of H1N1 in the State of Wisconsin have been confirmed in the Southeastern part of the State. The staff within the Oneida Comprehensive Health Division continues to be pro-active in educating the Oneida Community on what to be aware of regarding H1N1.

Influenza is transmitted person to person through coughing and sneezing. It is important take steps to prevent illness in yourself and others by practicing some of the following measures.

- *Cough or sneeze into your elbow. It is also acceptable to cough or sneeze into a tissue and throw it away immediately.
- *Wash your hands often with soap and water. Alcohol-based hand sanitizer is also effective.
- *Avoid touching your eyes, nose or mouth as this is how germs are spread.
- *Stay home from school or work if you are sick to avoid your contact with others.

No one knows for certain how serious or severe this virus will be during the upcoming influenza season this fall and winter. Because H1N1 Flu is a new virus, most people will have little or no immunity against it, and illness may be more severe and widespread as a result. At this time, there is no vaccine to protect communities against this virus. There are ways to ensure your family is taken care in a possible pandemic situation. Creating a **family emergency plan** is a great start; this generally includes specific information such as a medication list, allergies, important phone numbers, etc.

Contacts	Name/Phone Number
Local Personal Emergency Contact	
Out-of-Town Personal Emergency Contact	
Hospital of Choice	
Family Physician	
Pharmacy	
Veterinarian	
School Contact and Emergency Information	
Religious/Spiritual Organization	
Insurance information (including policy number and a copy of it)	

List for Disaster supply kits can include:

Non-Perishable items (will keep for a long time without refrigeration)

- Ready-to-eat canned meats, fruits, vegetables, beans and soups
- Protein and fruit bars
- Dry cereal and granola
- Peanut butter or nuts
- Crackers
- Canned or bottled water (1 gallon per person per day)
- Canned or jarred baby food and formula
- Pet food

Medical, Health and Emergency supplies:

- Prescribed medical supplies: Hearing aid batteries, glucose tabs, blood sugar monitor and supplies
- Band-Aids, tape, gauze
- Fever medications such as Tylenol
- Thermometer, vitamins, anti-diarrheal medications
- Soap and water, alcohol based hand sanitizer
- Toothpaste, toothbrushes
- Tissues, toilet paper, feminine hygiene products, diapers, paper plates, napkins
- Flashlights, batteries, portable radio
- Garbage bags, hatchet, shovel
- Manual can opener
- Matches, lighter
- Portable gas stove for cooking, extra fuel sources
- Pens, writing paper
- Plain bleach for emergency disinfection of water
- Rope, waterproof plastic containers

You can also find more information at www.pandemicflu.gov, www.ihs.gov, and www.cdc.gov

Please start this process now to become familiar with Oneida community plans. Keep informed, fall flu schedules will be coming out soon, stay tuned! If you have any specific questions regarding the information in this article, please call Eric Krawczyk or Jenny Jorgensen at 869-4840.

