



ReLay Your Health!

Official Newsletter of Tlay Healthcare Services, Inc.

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World Heart Day

DON'T WAIT TO VACCINATE: PREVENTING SEASONAL & SWINE FLU SPREAD

By Chiaka Nwoga, B.H.S.

Every year, 5% to 20% of the United States population gets the flu and about 36,000 people die from seasonal flu complications. However, this particular year has been unusual. Current estimates show that 30% to 50% of the total U.S. population is affected which could cause up to 90,000 deaths nationwide. This dramatic increase in flu cases is due to the over publicized, yet exceedingly infective, H1N1 (swine) Influenza virus.

What's the difference?

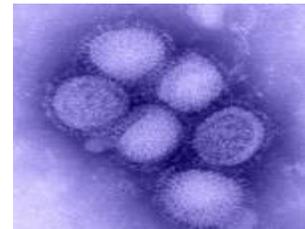
What makes this particular virus different is its ability to cause greater disease burden in relatively healthy people under the age of 25 years. This is an opposite trend from the seasonal flu which effects primarily those aged 65 years and older. Symptoms of both the seasonal and H1N1 (swine) flu are similar, however, and include a sudden onset of body aches, high fever, runny or

stuffy nose, dry cough, sore throat, nausea, and occasionally vomiting and diarrhea.

How it is spread

Both flu viruses are primarily spread in respiratory droplets in an infected individual's cough or sneeze. In some instances, people might become infected by touching contaminated objects since the virus has the ability to remain on surfaces from a few seconds to 48 hours, depending on the virus strain and environmental conditions. Most healthy adults (defined as persons who do not have an underlying medical condition that predisposes them to influenza complications) can infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick. That means it is possible to pass the flu to someone else without knowing you're sick!

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WORLD HEART DAY 2009

"Work with Heart --- A Workplace That Encourages Healthy Habits Can Reduce Heart Disease and Stroke."

Each year, approximately 17 million persons die from cardiovascular disease, mainly heart disease and stroke, making it the world's leading cause of death. Risk factors include raised blood pressure, cholesterol and glucose levels, smoking, inadequate intake of fruit and vegetables, overweight, obesity and physical inactivity.

In an effort to increase public awareness of the threat of heart disease and stroke, on **September 27th** the World Heart Day campaign is promoting physical activity and healthful eating and discouraging tobacco use around the workplace as simple ways to foster health in the workplace.

Please visit <http://www.world-heart-federation.org/> for information on annual activities.

Questions? Comments?

We'd like to hear from you.

Please contact

ReLay Your Health! at

tlaynews@gmail.com

Caregiving in the Home

When caring for a sick individual in the home, family members and caregiving personnel must be aware of preventative infection control guidelines. The infected person, once identified, should be kept in a room separate from the common areas of the house with the door closed. If possible, sick persons should use a separate bathroom that is cleaned daily with household disinfectant. If the infected individual must leave their area of isolation, a secure fitting facemask should be worn. In addition, one primary caretaker in the household should be designated to care for the sick individual. However, any potential caretaker in the high risk influenza-related complications group (primarily pregnant women, children younger than 2 years old, adults 65 years and older, and immunocompromised persons) should avoid close contact (within 6 feet) with household members who are sick.

Most people ill with influenza will recover without complications. Conversely, those in the highest risk of influenza-related complications group will be prioritized for treatment with influenza antiviral drugs. Post-exposure antiviral chemoprophylaxis

with either oseltamivir or zanamivir can be considered for health care personnel who have had a recognized, unprotected close contact exposure to a person with confirmed, probable, or suspected 2009 H1N1 or seasonal influenza during that person's infectious period. In either instance, ask your health care provider if antiviral medication is right for you.



Guidelines for Prevention

To prevent transmission of H1N1 (swine) flu to other persons, CDC recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100°F or 37.8° C), without the use of fever-reducing medications. In contrast, health care settings are given stricter precautions and the infected healthcare worker must remain home for 7 days from symptom onset or until the resolution of symptoms, whichever is longer.

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TARGET GROUPS	
Seasonal Flu Vaccine*	H1N1 (Swine) Flu Vaccine*
<ul style="list-style-type: none"> • All children ages 6 months to 18 years (unless they have a serious egg allergy) • Adults 50 or older. • Residents of long term care facilities housing persons with chronic medical conditions. • Anyone who has a serious long-term health problem with heart disease; lung disease; asthma; kidney disease; diabetes; or anemia and other blood disorders. • Anyone whose immune system is weakened because of HIV/AIDS or other diseases that affect the immune system; long-term treatment with drugs such as steroids; or cancer treatment with x-rays or drugs. • Women who will be past the third month of pregnancy during flu season. • Physicians, nurses, health care workers. • Family members and anyone else coming in close contact with people at risk of flu. 	<ul style="list-style-type: none"> • Pregnant women • Persons who live with or provide care for infants less than 6 months old • Health care and emergency medical services personnel • Persons aged 6 months to 24 years old • Persons aged 25 to 64 years who have medical conditions that put them at higher risk for flu-related complications. <p><i>* Neither vaccine is recommended to those with serious (life-threatening) allergies to chicken eggs.</i></p>

In addition to the recommended practices for reducing disease spread, here are some simple ways to prevent being another influenza case:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- If a tissue is not available cough or sneeze into your elbow.
- Wash your hands, for 20 seconds, often with soap and water frequently
- Avoid touching your eyes, nose or mouth.
- Try to avoid close contact with sick people.
- Get vaccinated!

Vaccine Availability and Resources

Those in the target groups (see table on page 2) should be immunized as soon as possible. Remember, the **seasonal influenza vaccine does not provide protection against the 2009 H1N1 influenza virus**. Seasonal flu shots are currently available and can be found at your local health department, participating drug stores, and your primary health care provider. The H1N1 (swine) flu vaccine has not yet arrived, but the CDC anticipates an early to mid October release. Once available, your local health department can provide you with more information on getting you and your loved ones vaccinated.

St. Johns County Health Department
1955 US 1 South, Suite 100
St. Augustine, FL, 32086
(904) 825-5055 x1049, x1083 or x1076

Immunization Services Hours:
Monday - Friday
8:00am-11:30 am and 1:00pm-4:30pm

Duval County Health Department
5220 N. Pearl Street
Jacksonville, FL 32208
(904) 253-1420

Immunization Center Hours:
Monday - Friday
8:00am to 4:30pm

Flagler County Health Department
301 South Lemon St
Bunnell, FL 32110
(904) 437-7350 x2237

Immunization Center Hours:
Monday-Thursday (Walk-In)
7:30am-10:30am
Monday-Thursday (Appointment)
1pm-4pm

Clay County Health Department
1305 Idlewild Ave.
Green Cove Springs, FL
(904) 272-3177

Immunization Services Hours:
Monday - Thursday
7:30am-full, 1pm-full

Baker County Health Department
480 W. Lowder St.
Macclenny, FL 32063
(904) 259-6291

Immunization Services Hours:
Monday - Friday
Times not indicated

If you have any further questions about influenza, call the Florida Department of Health H1N1 (swine) Flu information line Toll free at 877-352-3581, 7 days a week, 8am-8pm.

References:

- [Online Image]. Retrieved September 28, 2009 from Centers of Disease Control and Prevention website. <http://www.cdc.gov/h1n1flu/images.htm> (2009, September 23). *Questions & Answers: Antiviral Drugs, 2009-2010 Flu Season*. Retrieved from <http://www.cdc.gov/h1n1flu/antiviral.htm> (2009, September 24). *Interim Guidance for 2009 H1N1 Flu (Swine Flu): Taking Care of a Sick Person in Your Home*. Retrieved from http://www.cdc.gov/h1n1flu/guidance_homecare.htm (2009, August 24). *Report: Swine flu could cause up to 90,000 U.S. deaths*. Retrieved from <http://www.cnn.com/2009/HEALTH/08/24/us.swine.flu.projections/index.html>

Relay Your Health! is written to provide clients and readers with the information and motivation needed to achieve and maintain a healthier lifestyle. For individual health problems, obtain medical recommendations directly from a physician.