

Mitigating the Effects of H1N1

American Red Cross Serving Muskegon,
Oceana, and Newaygo Counties

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The Threat of H1N1

- Classified as a Level 6 Pandemic
- Hundreds of thousands of cases and about 4,000 deaths worldwide
- This season 40% of the U.S. may become infected
- Higher risks for people under 40, pregnant women
- 30,000-90,000 deaths possible in the U.S due to H1N1
- In a normal year over 30,000 individuals die from seasonal influenza

What is a flu pandemic?

- New virus emerges
- Spreads worldwide
- Affects many people
- May cause serious illness and death
- Little to no immunity

Seasonal vs. Pandemic Flu

- Symptoms of H1N1 flu are very similar to those of normal flu, and are relatively mild in most individuals
- People are more vulnerable to H1N1 than to seasonal flu
- H1N1 now predominant strain of flu

Potential Consequences

- Overloading of health care facilities
 - 911 & first responders overwhelmed
 - Shortages of medical supplies
 - Necessity for home care of seriously ill
- Stress, fear, and anxiety cause difficulty coping appropriately with situation

Potential Consequences

- Economic and social impacts
 - Cancellation of public events
 - Closure of public facilities
 - Financially expensive response

What you can do to help...

- Act with “informed concern”
- Assure you and your family:
 - Get all your flu vaccinations
 - Take steps to prevent flu spread
 - Put together supplies and a plan for care
 - Seek additional information as needed

What about Vaccinations?

- Seasonal flu shot still necessary
- Seasonal and H1N1 shots at the same time
- Live virus (mist form) of H1N1 cannot be administered concurrently with live seasonal; wait 28 days between vaccinations
- Children under 9 need two H1N1 shots
- Babies under 6 months are not vaccinated
- Vaccine is 60% -70% effective
- Get vaccinated to protect others



What is Social Distancing?

- Know how Viruses spread: contact or droplet
- Exercise cough and sneeze etiquette
- Wash your hands frequently
- Keep alcohol-based hand sanitizer composed of at least 60-95% alcohol
- Keep ill family members isolated - separate bedroom and bathroom if possible
- N-95 masks for close contact care giving



What was in your Grandma's pantry?

- A minimum two-week supply of food
- 1 gallon of water per person per day
- A supply of fever reducing medicines
 - Acetaminophen and ibuprofen
- Clear liquids, water, broth, electrolyte beverages

When You get an Influenza Virus

- Do not immediately go to doctor
- Isolate in your home, get rest, and drink plenty of fluids
- Take fever reducing medicines for pain and fever
- Anti-virals should be reserved for severely ill and high-risk individuals

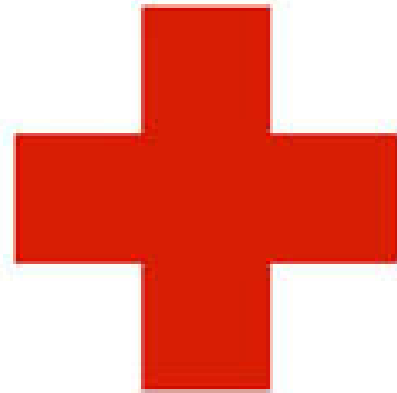
When should I call the doctor?

- If you:
 - Have difficulty breathing or chest pain
 - Have purple or blue discoloration of the lips
 - Are vomiting and unable to keep liquids down
 - Have signs of dehydration such as dizziness when standing, absence of urination, or in infants, a lack of tears when they cry
 - Are less responsive than normal or become confused
 - Have flu like symptoms that improve but return with worse fever, and harsher cough

Further Information

- www.RedCross.org
- www.Flu.gov
- www.CDC.gov
- www.MuskegonHealth.net

Questions???



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