H1N1 (swine) Flu
“Everything you wanted to know about swine flu but were afraid to ask”

What is H1N1 (swine flu)?
H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of H1N1 flu was underway.

Why is H1N1 virus sometimes called “swine flu”?
This virus was originally referred to as “swine flu” because laboratory testing showed that many of the genes in this new virus were very similar to influenza viruses that normally occur in pigs (swine) in North America. But further study has shown that this new virus is very different from what normally circulates in North American pigs. It has two genes from flu viruses that normally circulate in pigs in Europe and Asia and bird (avian) genes and human genes. Scientists call this a "quadruple reassortant" virus.

Are there human infections with H1N1 virus in the U.S.?
Yes. Human infections with the new H1N1 virus are ongoing in the United States. Most people who have become ill with this new virus have recovered without requiring medical treatment. CDC routinely works with states to collect, compile and analyze information about influenza, and has done the same for the new H1N1 virus since the beginning of the outbreak. This information is presented in a weekly report, called FluView.

Is H1N1 virus contagious?
CDC has determined that H1N1 virus is contagious and is spreading from human to human.

How does H1N1 virus spread?
Spread of H1N1 virus is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

What are the signs and symptoms of this virus in people?
The symptoms of H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. Severe illnesses and death has occurred as a result of illness associated with this virus.
Illness with the new H1N1 virus has ranged from mild to severe. While most people who have been sick have recovered without needing medical treatment, hospitalizations and deaths from infection with this virus have occurred. In seasonal flu, certain people are at “high risk” of serious complications. This includes people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions. About 70 percent of people who have been hospitalized with this H1N1 virus have had one or more medical conditions previously recognized as placing people at “high risk” of serious seasonal flu-related complications. This includes pregnancy, diabetes, heart disease, asthma and kidney disease.

One thing that appears to be different from seasonal influenza is that adults older than 64 years do not yet appear to be at increased risk of H1N1-related complications thus far. CDC laboratory studies have shown that no children and very few adults younger than 60 years old have existing antibody to H1N1 flu virus; however, about one-third of adults older than 60 may have antibodies against this virus. It is unknown how much, if any, protection may be afforded against H1N1 flu by any existing antibody.

How does H1N1 flu compare to seasonal flu in terms of its severity and infection rates?

With seasonal flu, we know that seasons vary in terms of timing, duration and severity. Seasonal influenza can cause mild to severe illness, and at times can lead to death. Each year, in the United States, on average 36,000 people die from flu-related complications and more than 200,000 people are hospitalized from flu-related causes. Of those hospitalized, 20,000 are children younger than 5 years old. Over 90% of deaths and about 60 percent of hospitalization occur in people older than 65.

When the H1N1 outbreak was first detected in mid-April 2009, CDC began working with states to collect, compile and analyze information regarding the H1N1 flu outbreak, including the numbers of confirmed and probable cases and the ages of these people. The information analyzed by CDC supports the conclusion that H1N1 flu has caused greater disease burden in people younger than 25 years of age than older people. At this time, there are few cases and few deaths reported in people older than 64 years old, which is unusual when compared with seasonal flu. However, pregnancy and other previously recognized high risk medical conditions from seasonal influenza appear to be associated with increased risk of complications from this H1N1. These underlying conditions include asthma, diabetes, suppressed immune systems, heart disease, kidney disease, neurocognitive and neuromuscular disorders and pregnancy.

How long can an infected person spread this virus to others?

People infected with seasonal and H1N1 flu shed virus and may be able to infect others from 1 day before getting sick to 5 to 7 days after. This can be longer in some people, especially children and people with weakened immune systems and in people infected with the new H1N1 virus.

Prevention & Treatment

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1 virus. However, a H1N1 vaccine is currently in production and may be ready for the public in October. As always, a vaccine will be available to protect against seasonal influenza. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza.

Take these everyday steps to protect your health:

⇒ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
⇒ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners* are also effective.
⇒ Avoid touching your eyes, nose or mouth. Germs spread this way.
⇒ Try to avoid close contact with sick people.
⇒ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medi-
Diabetic Class and Support Group

This is a monthly combination of class and support group. A free meal is served each month and topics of diabetic education and interest are presented by a healthcare professional.

Support Group/Class 1 hour each month

Classes/support groups are FREE, and open to all in the community. For more information or to enroll please call 595-1458

UNMC Center for Reducing Health Disparities– North Omaha Office

Free Screening Clinic
Wednesday 5:00-7:00 PM
5050 Ames Ave.

Call 559-3813 for Quick and Confidential Screening for:

- Men
  - Prostate Exam
  - Clinical Breast Exam
- Women
  - Pap Smear

All
- Hypertension
- Diabetes
- Cholesterol
- HIV

(Continued on page 4)
to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick. Staying at home means that you should not leave your home except to seek medical care. This means avoiding normal activities, including work, school, travel, shopping, social events, and public gatherings. If you have severe illness or you are at high risk for flu complications, contact your health care provider or seek medical care. Your health care provider will determine whether flu testing or treatment is needed. If you become ill and experience any of the following warning signs, seek emergency medical care.

In children, emergency warning signs that need urgent medical attention include:
- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In adults, emergency warning signs that need urgent medical attention include:
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Are there medicines to treat H1N1 infection?
Yes, CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with H1N1 flu virus. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. During the current pandemic, the priority use for influenza antiviral drugs is to treat severe influenza illness (for example hospitalized patients) and people who are sick who have a condition that places them at high risk for serious flu-related complications.

What is CDC’s recommendation regarding "swine flu parties"?
"Swine flu parties" are gatherings during which people have close contact with a person who has H1N1 flu in order to become infected with the virus. The intent of these parties is for a person to become infected with what for many people has been a mild disease, in the hope of having natural immunity H1N1 flu virus that might circulate later and cause more severe disease. CDC does not recommend "swine flu parties" as a way to protect against H1N1 flu in the future. While the disease seen in the current H1N1 flu outbreak has been mild for many people, it has been severe and even fatal for others. There is no way to predict with certainty what the outcome will be for an individual or, equally important, for others to whom the intentionally infected person may spread the virus. CDC recommends that people with H1N1 flu avoid contact with others as much as possible. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Stay away from others as much as possible to keep from making others sick.

Contamination & Cleaning
How long can influenza virus remain viable on objects (such as books and doorknobs)?
Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.

What kills influenza virus?
Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodosphors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time. For example, wipes or gels with alcohol in them can be used to clean hands. The gels should be rubbed into hands until they are dry.

*What if soap and water are not available and alcohol-based products are not allowed in my facility?
Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands.

What surfaces are most likely to be sources of contamination?
Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled to prevent the spread of influenza virus?
To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

What household cleaning should be done to prevent the spread of influenza virus?
To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?
Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first. Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid “hugging” laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry. Eating utensils should be washed either in a dishwasher or by hand with water and soap.

Exposures Not Thought to Spread H1N1 Flu
Can I get infected with H1N1 virus from eating or preparing pork?
No. H1N1 viruses are not spread by food. You cannot get infected with H1N1 virus from eating pork or pork products. Eating properly handled and cooked pork products is safe.

Is there a risk from drinking water?
Tap water that has been treated by conventional disinfection processes does not likely pose a risk for transmission of influenza viruses. Current drinking water treatment regulations provide a high degree of protection from viruses. No research has been completed on the susceptibility of H1N1 flu virus to conventional drinking water treatment processes. However, recent studies have demonstrated that free chlorine levels typically used in drinking water treatment are adequate to inactivate highly pathogenic H5N1 avian influenza. It is likely that other influenza viruses such as H1N1 would also be similarly inactivated by chlorination. To date, there have been no documented human cases of influenza caused by exposure to influenza contaminated drinking water.

Can H1N1 flu virus be spread through water in swimming pools, spas, water parks, interactive fountains, and other treated recreational water venues?
Influenza viruses infect the human upper respiratory tract. There has never been a documented case of influenza virus infection associated with water exposure. Recreational water that has been treated at CDC recommended disinfectant levels does not likely pose a risk for transmission of influenza viruses. No research has been completed on the susceptibility of H1N1 influenza virus to chlorine and other disinfectants used in swimming pools, spas, water parks, interactive fountains, and other treated recreational venues. However, recent studies have demonstrated that free chlorine levels recommended by CDC (1–3 parts per million [ppm or mg/L] for pools and 2–5 ppm for spas) are adequate to disinfect avian influenza A (H5N1) virus. It is likely that other influenza viruses such as H1N1 virus would also be similarly disinfectected by chlorine.

Can H1N1 influenza virus be spread at recreational water venues outside of the water?
Yes, recreational water venues are no different than any other group setting. The spread of this H1N1 flu is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
Preventing the 2009 H1N1 Flu
Good Health Habits Can Help Stop Germs

1. Avoid close contact.
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Stay home when you are sick.
Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

3. Cover your mouth and nose.
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

4. Clean your hands.
Washing your hands often will help protect you from germs. Alcohol-based hand cleaners also work.

5. Avoid touching your eyes, nose or mouth.
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

6. Practice other good health habits.
Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
NOAH-You and Swine Flu
H1N1 the cross word puzzle

ACROSS
1 Drink plenty of ______.
3 When airway becomes painful and inflamed.
7 Cover your nose and mouth when you sneeze or cough.
8 People 65 and older and under 5 years of age are considered ______ risk during the flu season.
10 ______ your mouth and nose when coughing and sneezing.
11 ______ home when you are sick.
13 Abbreviation for Center for Disease Control.
14 This something that can destroy the flu virus.
15 When you have H1N1 your nose becomes ______.
16 The largest research hospital in the region.
17 ______ medicine extraordinary care.
20 Severe and persistent ______ is serious in children.
23 Do this every time you cough or sneeze.
24 ______ animal did this virus originate from?
25 Chlorine, detergents, alcohol, and peroxide used in the proper concentration can ______ flu virus.
26 One thing you can do to prevent catching H1N1 is ______ your hands.
27 When your body temperature goes up.

DOWN
1 ______ breathing is emergency warning that a child is very ill.
2 Another name for H1N1.
3 When you have H1N1 your nose can also become ______.
4 How many hours should you stay home after your fever is gone?
5 ______ touching your eyes, nose or mouth.
6 The best thing to do to protect yourself and family against the flu.
9 Pregnant women and people with chronic illness are considered ______ risk during the flu season.
12 Medications that can be used to battle the flu.
15 Most people that have contracted H1N1 have.
18 Try avoiding close contact with this kind of people.
19 Alcohol gel for cleaning your hands.
21 Tra to avoid doing this while you are sick or contagious.
22 Can you get H1N1 from eating pork?

Answer on page 8
Preparing for H1N1 in Omaha

Jenny Nowatzke
OMAHA (KPTM) - The numbers are staggering, and a little hard to take in - especially if you're the parent of a young child.

Monday, a presidential advisory panel released a report indicating 30-50% of Americans will catch the H1N1 virus this fall. Most between the ages of 6 months to 24-years-old, with the possibility of 90,000 deaths.

"They are close in terms of what we should expect. These are estimates. Nobody knows exactly what will happen."

Doctor Archana Chatterjee, an infectious diseases pediatrician, who practices at four area hospitals (Children's Medical Center, Creighton Medical Center, Nebraska Medical Center, and Bergan Mercy) says, estimates are so high because the general population doesn't have any immunity to the virus.

"This is going to come, and people should prepare for it - don't panic, or be too complacent."

With the government estimating 1.8 million H1N1 hospital admissions this fall, Dr. Chatterjee assures, most hospitals are prepared.

They plan on immunizing their workers, placing restrictions on visitor access, delaying certain surgical procedures, and, "intensive care units are looking at how many ventilators they have, appropriate staffing to manage the increase in patients," said Chatterjee.

Until the H1N1 vaccine is made available in mid October, Dr. Chaterjee says, "use common sense."

And if you happen to have a high fever combined with respiratory problems, to immediately call your doctor.

Children, young adults, and pregnant women are at the top of the list for the H1N1 vaccine. Doctors say, the elderly are at the bottom, because they are least likely to catch it - mainly because they've already been exposed to a number of influenza viruses.
HELP IS ON THE LINE

The U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES works to protect the health of all Americans and provides essential human services, especially for those who are least able to help themselves.

If you are one of the millions of Americans who need the benefits and services we provide, you can call on us.

**Mental Health**
1-800-273-TALK (1-800-273-8255)
1-866-763-6481

**Head Start Services**

**Temporary Assistance for Needy Families (TANF)**

**Medicare**
1-800-MEDICARE (1-800-633-4227)

**Elder Care**
1-800-677-1116

**Medicaid**
Nebraska - 1-800-430-3244

**State Children’s Health Insurance Program (SCHIP)**
Nebraska - 1-877-632-5437

**Other**
www.hhs.gov
“Teen Sex: The rules have changed”

7th Annual OBNA Educational Conference

September 19th 2009
9:00am - 12:30pm

OPS - Teacher’s Admin Center
3215 Cuming Street
Omaha NE 68131
Rooms: 5062, 5072 and Dining Room (5th floor)
Sponsored by the Omaha Chapter of the National Black Nurses Association

Agenda

9:00-9:30am
Registration and Continental Breakfast

9:30-9:45am
Welcome and Introduction

9:45-9:55am
Overview, The Impact of STDs on the Omaha Metro Area
Valda-Boyd Ford, MPH, MS, RN
Community Response Coordinator, Douglas County Community STD Initiative

9:55-10:00am
Introduction of Speakers

10:00-11:00am
Presentations
Youth: Sherri Nared-Brooks, MA
HIV Prevention Specialist, Douglas County Health Dept.
Health Care Providers: Heather Mikkelsen, CFNP
Nurse Practitioner/Nurse Educator, Clarkson College

11:00-11:10am
Break

11:10-11:30
Movie: Teen Sex “The Rules Have Changed”

11:40-12:30
Lunch/Presentation of Omaha Black Nurses Scholarship Questions
Door Prizes
Evaluations/CEU certificates

Co-sponsors:
UNAC Center for Reducing Health Disparities
Creighton University Partnership in Health Clarkson College

Goals & Objectives

Goal:
To educate health care practitioners and the general public on the impact of sexually transmitted diseases in the community. Provide information and techniques for reaching targeted populations/communities and appropriate referrals in the Omaha community.

Target Audience:
All health care practitioners whose role requires them to provide assessment and screening for Sexually Transmitted Diseases (STDs). All interested members of the general public are welcome to attend.

Objectives:
1. Identify teenage STD problem as a primary healthcare issue in the Omaha community.
2. Describe the cultural factors related to increase in incidence of STDs in the Omaha community.
3. Explain effective strategies for creating a coalition of services for individuals at risk for STDs in the Omaha community.

Registration Information

Registration fees:
$10 Student or Retired Nurses
$15 General Public (scholarships available)
$25 Health Care Professionals ($30 if requesting CEUs)
Free for 21 years and under (general public)

(Fee includes continental breakfast and luncheon) Please indicate if you would prefer a vegetarian meal.

Registration Deadline: September 17th 2009
For scholarship information for General Public call Ira Combs at 559-3813

Sign-up Form

Send registration forms and payment to:
Omaha Black Nurses Association
P.O. Box 31278 Omaha, NE 68131-1419

Make checks or money orders payable to the Omaha Black Nurses Association. All proceeds from this workshop will benefit the Omaha Black Nurses Association Scholarship Fund.

Name
Address
City, State, Zip
Phone
Email Address

Discipline

License Number
1.6 contact hours awarded. Clarkson College is an approved provider of continuing nursing education by the Nebraska Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Code # NE09-1208-2 Iowa Provider 345

The NE Nurse Practice Act 101-004-02 states that “an individual must attend the complete continuing education offering in order to report for credit.”
The 10 Most Common Causes of Infection

WASH YOUR HANDS

Handwashing is the Most Effective Way to Stop the Spread of Illness

Wash Your Hands After:
- (and before!) Handling food or eating.
- Using the bathroom or changing diapers.
- Sneezing, blowing your nose or coughing.
- Touching a cut or open sore.
- Playing outside or with pets.

Here’s How:
1. Wet your hands with WARM, running water.
2. Add soap and rub hands together, front and back, between fingers and under nails for about 20 seconds.
3. Rinse. Dry hands with a clean paper towel.
4. Turn off water with used paper towel(s) before throwing it away.

For Free Confidential

HIV testing call
Jackie Cook 457-1208
COME CELEBRATE WITH US

ANNUAL YOUTH HEALTH EXTRAVAGANZA

Saturday, September 26, 2009
OPS TAC Building - 3215 Cuming St.
Doors Open: 8 AM - 11 AM

SCHOOL PHYSICALS at NO COST
CHILDREN: KINDERGARDEN – 12TH GRADE
NO APPOINTMENT REQUIRED

* BALLOONS * CLOWNS * FUN HEALTH EDUCATION ACTIVITIES *
* AGENCY & INFORMATION BOOTHs * GIFTS

Parents or Persons responsible for child must:
- Be available to sign forms that authorize child’s participation
- Bring a copy of the child’s immunization record for review

Creighton University Medical Center

* * *

VENGÁ A CELEBRAR LA

FERIA ANUAL DE LA SALUD JUVENIL
Sábado 26 de Septiembre, 2009
Edificio TAC de OPS 3215 Cuming St.
Puertas se abren de 8 AM a 11 AM

Exámenes Físicos Gratuitos para el Regreso a la Escuela
Niños de KINDERGARDEN a 12avo GRADO
NO SE NECESITA CITA

* GLOBOS * PAYASOS * ACTIVIDADES DIVERTIDAS PARA APRENDER DE SALUD * MESA INFORMATIVAS DE AGencias Y DE SERVICIOS * REGALOS *

Padres o personas a cargo del niño deben:
- Estar facultados para firmar formularios que autorizcan la participación del niño.
- Traer una copia de la forma de vacunación (cartilla)