



COUNTY OF MARATHON

HEALTH DEPARTMENT

LAKEVIEW PROFESSIONAL PLAZA
1200 LAKE VIEW DRIVE, RM 200
WAUSAU, WI 54403-6797

TEL/TDD: (715) 261-1900
FAX: (715) 261-1901
www.co.marathon.wi.us

Date: November 4, 2009

Contact: Judy Burrows, 261-1900

Weekly H1N1 Update from Marathon County Health Department

Overview

Nationally, the Centers for Disease Control and Prevention (CDC) reports that flu activity continues to increase and is now widespread in 48 states. Visits to doctors for influenza-like-illness continue to increase steeply and accounted for 8 percent of patient visits across the U.S. In addition, flu-related hospitalizations and deaths continue to go up nationwide and are above what is expected for this time of year.

H1N1 Impact in WI

Influenza activity is widespread and increasing across the state. Influenza-like activity is higher than normal for this time of year, with 69 of the 72 counties reporting confirmed H1N1 cases. Since September 1, 2009, there have been 120 hospitalizations due to H1N1 virus infection in Wisconsin. In the last week there have been two confirmed H1N1-related deaths reported in Rock and Kenosha Counties, bringing the statewide death total to 16 since the spring.

H1N1 Vaccine Update

The guidance WI Department of Health Services (DHS) issued on October 27th to local health departments and health professionals asks them to target H1N1 vaccine for a subset of individuals most-at-risk during the next several weeks remains in effect. Vaccine supplies continue to fluctuate and DHS has requested that public and private health care providers refrain from mass public vaccination clinics, unless they are targeted at those most at risk.

DHS recommends vaccination efforts focus on the following subset of CDC's target groups:

- **Pregnant women**
- **Persons who live with or provide care for infants age 6 months or younger** (examples: parents, siblings, daycare providers)
- **Health care and emergency medical services personnel** who have direct contact with patients
- **Children age 6 months - 4 years**
- **Children and adolescents age 5-18 years who have chronic medical conditions** that put them at higher risk for influenza-related complications

The CDC continues to stress there will be adequate supplies of H1N1 vaccine available for everyone who wants it, but it will take a longer time than previously projected for adequate supplies to become available. There is currently a better supply of the intranasal H1N1 vaccine than the injectable form. The intranasal form is equally safe and effective. It is for healthy people who are not pregnant and between 2 and 49 years of age.



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What to do if you are ill

- *Most people who have the flu do not need to go to the doctor. They recover without medical care.*
- Stay home and avoid contact with other people.
- Do not leave your home except to get medical care.
- Do not return to work or send children to school until there is no sign of fever (100 degrees F) for at least 24 hours without the use of fever reducing medication.

When should I get medical care?

Get medical care right away if the sick person at home shows signs of:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Confusion or dizziness
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or interacting
- Being so irritable the child does not want to be held
- Flu-like symptoms improve but then come back with fever and worse cough

People who are sick with the flu should check with their health care provider about any special care they might need if they are pregnant or have a health condition such as diabetes, heart disease, asthma, or emphysema.

Should I get vaccinated if I think I had the flu?

Unless a person was specifically tested positive for H1N1 through a laboratory-confirmed-subtyped test, they may have had another virus and would still need protection from H1N1 influenza.

The symptoms of influenza are similar to those caused by many other viruses. Even when a lot of people in the community have influenza, many other viruses are also causing illness. Most people who had flu-like illness cannot be completely sure that they had H1N1 flu. It may have been another illness with similar symptoms. It is not harmful to receive the vaccine if you had the disease.

School Closures

For a listing of school closures go to: <http://dpi.wi.gov/sspw/pandemicflu.html>

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