



H1N1 Awareness



# What is the 2009 H1N1 Influenza?

**The 2009 H1N1 Influenza (Initially referred to Swine Flu) is a new influenza that is spreading from person to person.**

**At this time, H1N1 has spread throughout the world, reaching pandemic status**

**Being a new influenza strain, a limited number of individuals have immunity to the strain, making large numbers of our population vulnerable to the strain.**



# What is a Pandemic?

**A Pandemic is a global outbreak of a novel (new) disease to which humans have no immunity.**

**According to the [World Health Organization](#) (WHO), a pandemic can start when three conditions have been met:**

- **emergence of a disease new to a population;**
- **agents infect humans, causing serious illness; and**
- **agents spread easily and sustainably among humans.**

**A disease or condition is not a pandemic merely because it is widespread or kills many people; it must also be infectious. For instance, cancer is responsible for many deaths but is not considered a pandemic because the disease is not infectious or contagious.**



## **The 2009 H1N1 Influenza**

- **The first cases of human infection with H1N1 influenza virus were detected in April 2009 in San Diego and Imperial County, California and in Guadalupe County, Texas.**
- **The virus has spread rapidly and is transmitted from human to human.**
- **The virus is widespread in the United States at this time and has been detected internationally as well.**

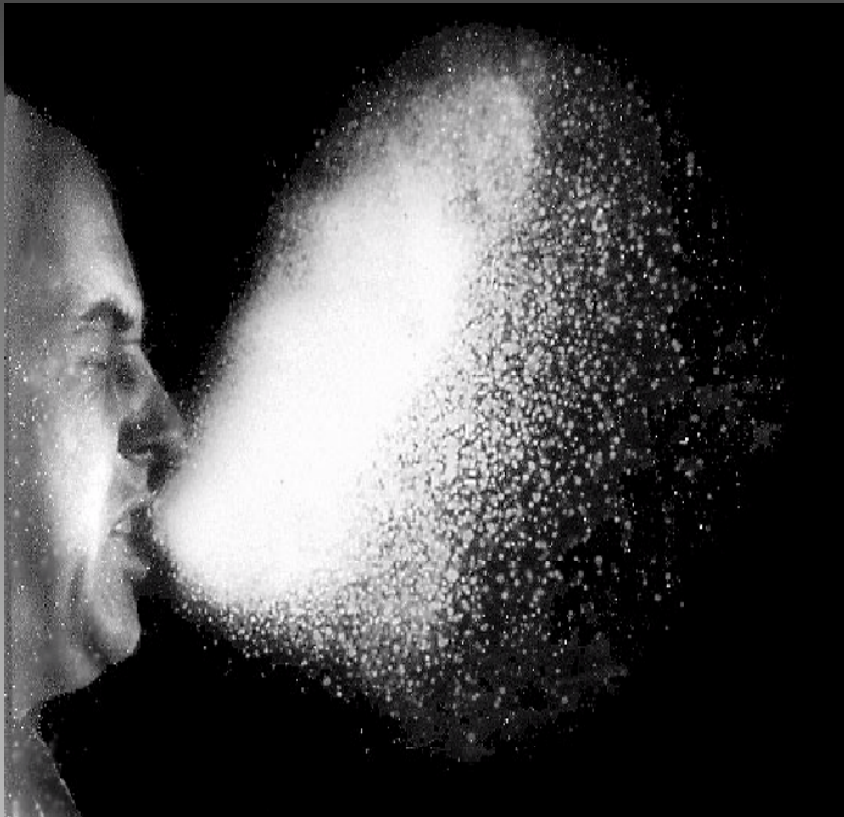


## The 2009 H1N1 Influenza

- Influenza is always serious – each year in the United States, seasonal influenza results, on average, in an estimated 36,000 deaths and more than 200,000 hospitalizations from flu-related causes.
- This outbreak certainly poses the potential to be at least as serious as seasonal flu, if not more so, especially given the fact that there currently is no vaccine available against this virus.
- Because this is a new virus, most people will not have immunity to it, and illness may be more severe and widespread as a result.



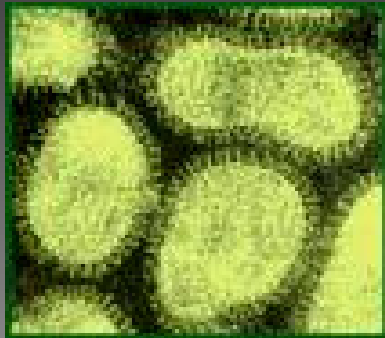
## How does H1N1 Spread?



- H1N1 is thought to spread the same way seasonal flu spreads
- Primarily through respiratory droplets
  - Coughing
  - Sneezing
  - Touching respiratory droplets on yourself, another person, or an object, then touching mucus membranes (e.g., mouth, nose, eyes) without washing hands



## H1N1 Can also Spread by:



- Coming in contact with contaminated surfaces such as desktops, countertops or other surfaces that infected individuals may come in contact with.
- Droplets fall on these surfaces people touch before they touch their mouth or nose.
- Infected people can leave the virus on surfaces they touch if their hands are not clean.



# What can be done to prevent the spread of H1N1



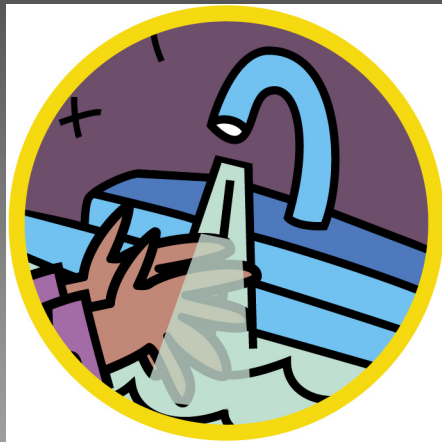
Light patches indicate germs carried on the hands

Everyday actions such as properly washing your hands or containing sneezes can help prevent spread of germs that cause respiratory illnesses like influenza.

- Your hands contain many germs even though they are not visible.
- Many people don't wash their hands because they look clean.
- As you can see in the picture, this is not always the case.



# Hand Washing is Important Because...



- 80% of disease is spread by your hands.
- Hand washing is the most effective way to prevent the spread of respiratory illness.
- Some germs can live on dry surfaces for several hours and moist surfaces like, sinks for 3 days.



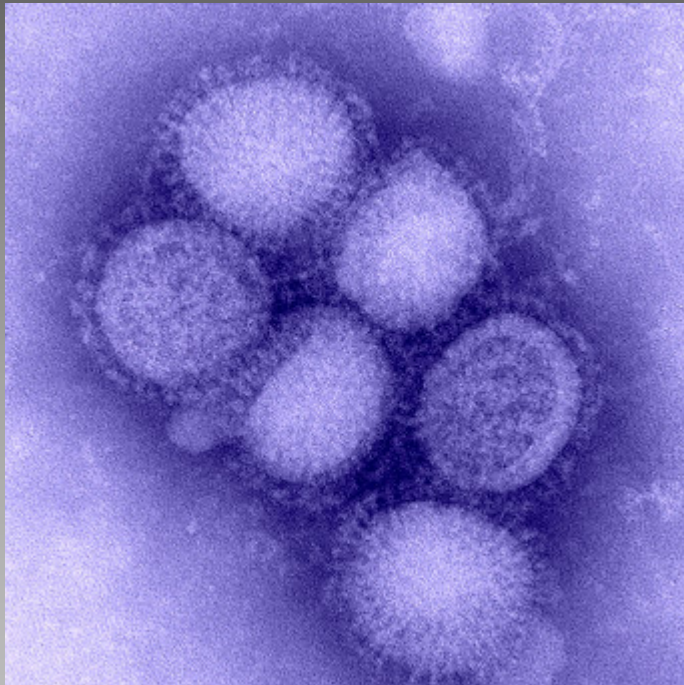
# Proper Hand Washing Guidelines



- Wet hands with warm, running water
- Add soap (preferably liquid), rub hands together to make a lather, away from water, for at least 15-20 seconds
- Rinse hands well
- Dry thoroughly with a clean, disposable towel
- Use a hand sanitizer (alcohol-based) when soap and running water is not available.



# Coughing and Sneezing



**Many diseases are spread by poor coughing and sneezing techniques. Most people put their hands in front of their mouths and noses to stop germs from getting into the air. Unfortunately, this technique puts the germs on their hands. The germs are then spread to telephones, doorknobs and many other surfaces from which they are then picked up by the next user.**



# How to Cough and Sneeze Properly



**Incorrect Way**



**Step 1: Keep hands out of the way! – Coughing or sneezing into hands or a handkerchief provides for an easy means to spread germs!**

**Step 2: Bury your nose/mouth in the crook of your elbow.**



**Correct Way**



**Step 3: Sneeze or cough into the fabric of your shirt. The fabric will absorb the germs from your cough or sneeze. If you are wearing short sleeves, your next best bet is your shoulder.**



# What are the Signs and Symptoms of H1N1?

Symptoms of novel H1N1 flu in people are similar to those associated with seasonal flu.

- Fever > 100° F
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- In addition, vomiting (25%) and diarrhea (25%) have been reported. (Higher rate than for seasonal flu.)





# Who is most at risk for infection with H1N1?

*According to the Centers for Disease Control, those who have chronic diseases, weak immune systems, are very old or very young are considered at risk groups.*

## Specifically:

- Children <5, adults  $\geq$ 50, and pregnant women
- Children and adolescents on long term aspirin
- People with emphysema, asthma, heart disease, kidney disease, liver disease, blood disorders, diabetes
- People with weak immune systems (steroids, HIV, lymphoma, etc.)
- Conditions that interfere with respiratory function or handling respiratory secretions (e.g. seizures, paralysis, stroke, certain muscle disorders, swallowing problems)
- Nursing home or other chronic care facility residents



# When should you contact your healthcare provider?

***Call if you get concerned about your symptoms especially if you or a family member are high risk or:***

- If you have a fever and two or more other flu symptoms especially if symptoms are severe
- If unable to drink fluids, have dark urine, or feel dizzy when standing (signs of dehydration)
- If you have a fever for more than 3 to 5 days even if you have already been treated
- If you start to recover from the flu symptoms and you get fever again.



# When should you seek EMERGENCY care?

***Get medical care right away if someone...***

- Has difficulty breathing or chest pain
- Has purple or blue discoloration of the lips
- Is vomiting and unable to keep liquids down
- Has seizures (uncontrolled convulsions)
- Is less responsive than normal or becomes confused
- Has signs of dehydration: dizziness when standing, absence of urination, or in infants a lack of tears when crying



# How can H1N1 be treated?

*It can be treated with a prescription for antiviral medications that are neuraminidase inhibitors.*

*Neuraminidase Antiviral Medications include:*

**Oseltamivir (Tamiflu®)–**

– capsules and oral liquid

**Zanamivir (Relenza®)–**

–Inhaled powder





# Is there a Vaccine for H1N1?

Currently Vaccines are under development. Trials for the H1N1 Vaccine began in early August. Sources indicate that the Vaccine can be ready by October.

For the most current information in regards to the Vaccination, please refer to the following website:

[H1N1 Flu Vaccine Information](#)



## How long is someone Contagious with H1N1?

According to sources at Johns Hopkins Medicine, researchers believe that the contagious period for H1N1 is similar to that of the seasonal flu.

The seasonal flu contagious period lasts for one day prior to the appearance of symptoms, then seven days while the individual has symptoms. This period may be longer for children.

For more information please click on the following link:

[Johns Hopkins H1N1 Flu Update Site](#)



# What is ABX Air doing to help prevent the spread of H1N1?

ABX Air is making the following accommodations available for all employees:

- Antiseptic hand cleansers will be installed at various locations throughout facilities.
- Clorox disinfecting wipes to be provided for keeping work surfaces clean.



## How can you get ready?

- Practice coughing/sneezing into tissue and throwing it in trash or use upper arm if no tissue available
- Practice handwashing for 15-20 seconds or use alcohol-based hand gel often
- Keep hands away from eyes and mouth unless hands were washed
- Get a pneumonia shot if in high risk group: prevents secondary infections after the flu
- Avoid others if you are sick or if they are sick
- Develop an Individual/family plan
  - Checklists available at: <http://pandemicflu.gov/individual/>



## Valuable Resources

- The Centers for Disease Control:  
Located at: [www.cdc.gov](http://www.cdc.gov)
- The Center for Biopreparedness  
Located at: <http://www.bioprep.org/>
- H1N1, avian and pandemic flu information  
Located at: <http://pandemicflu.gov/index.html>
- The World Health Organization  
Located at: <http://www.who.int/en/>
- The Occupational Health and Safety Administration  
Located at: <http://www.osha.gov>