

H1N1 Influenza Trainer Notes

Slide 1: Introduction

Introduce yourself.

Thank participants for inviting you.

Give brief overview of what you're going to discuss

Slide 2: What is influenza?

- Respiratory illness
- Mild to severe
- Symptoms:
 - fever and cough or sore throat
 - May include headache, extreme tiredness, runny nose, aches, vomiting, or diarrhea

Slide 3: How does flu spread?

- Coughs and sneezes
- Most contagious during fever and 24 hours after fever has gone
- Not from eating pork or from pigs

Slide 4: What's the difference between H1N1 and seasonal flu?

- H1N1 is new, so most people don't have immunity
- H1N1 causes more serious illness among younger people

Slide 5: Why all the fuss?

- Influenza illness causes hospitalizations and death every year
- Most don't have immunity to H1N1 and younger people are more vulnerable

Slide 6: Who is at greatest risk?

- Pregnant women
- Babies, children, and people younger than 25 years
- People with chronic medical conditions or weakened immune systems

Slide 7: What's going on right now?

- H1N1 Increasing in King County
- Preparations:
 - Plans for vaccine distribution
 - Coordinating medical resources
 - Increased tracking of illness
 - Public information and outreach

Slide 8: Will there be school closures?

- Schools will not be routinely closed
- Only if large numbers ill

- Will weigh the benefits with negative consequences

Slide 9: How you can protect yourself

- Wash your hands often
- Avoid touching your eyes, nose, and mouth
- Avoid close contact with sick people
- Stay healthy with sleep, exercise, stress management, and eating well

Slide 10: Why flu vaccine is important

- Best protection against flu
- Stimulates body's immunity
- Need separate vaccinations for H1N1 and seasonal flu

Slide 11: Who should get flu vaccine

- Anyone over 6 months
- Priority groups for H1N1 flu vaccine:
 - Pregnant women
 - Caregivers of babies younger than 6 months
 - Age 6 months – 24 years
 - Age 25-64 years with chronic health conditions
 - Healthcare and emergency medical services personnel
- Plenty for all later

Slide 12: Is H1N1 vaccine safe?

- Safe as seasonal flu vaccines
- Same process and testing as seasonal flu vaccines
- Most will not have side effects
- Any side effects will likely be mild (1-2 days):
 - Soreness, redness, or swelling
 - Mild fever, aches
- Don't get vaccine if you are allergic to eggs

Slide 13: Where to get H1N1 vaccine

- Private healthcare providers
- Pharmacies
- Public Health clinics
- Community vaccination clinics

Slide 14: What to do if you are sick

- Stay home until at least 24 hours after fever is gone
- Drink liquids and rest
- Wash hands often
- Cover coughs and sneezes
- Avoid contact with other people

Slide 15: Free up doctors to help those who need it most

- Most won't need to see doctor
- Testing is not needed unless seriously ill
- Call for advice before making an appointment
- Note from doctor not recommended to return to work, school, or childcare

Slide 16: When to seek medical care

Seek medical care if:

- You are ill and a higher risk group for more severe illness (pregnant women, people with chronic health problems or weakened immune system)
- The ill person is a baby less than a year old
- You are having more severe flu symptoms, such as difficulty breathing, pain in the chest or abdomen, bluish skin, or severe vomiting. These are reasons to get immediate medical help.

Slide 17: Be ready for flu

- Plan for back-up childcare
- Find out about sick leave and work options
- Keep health supplies on hand