

# **Delaware General Health District**

## ***Dedicated to your health***

# NEWS RELEASE

## WEEKLY INFLUENZA UPDATE FOR DELAWARE COUNTY

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### **FOR IMMEDIATE RELEASE**

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**DELAWARE, OH., October 9, 2009** –The Delaware General Health District will issue weekly updates to local news media throughout the upcoming flu season. As of October 1, 2009, flu illness is now considered widespread throughout Ohio and most of the country. On October 9<sup>th</sup> the Delaware General Health District received its first shipment of Antiviral medication from the Ohio Department of Health. This will be distributed to health care facilities.

**LOCAL CASES:** During the week of October 3-October 9, the number of people being seen by a healthcare provider due to Influenza Like Illness continues to be higher than normal for this time of the year.

This week we had two confirmed H1N1 cases reported to us bringing the total confirmed H1N1 positive cases to 9 throughout Delaware County. One of these two new cases is a 38 year old female, who is not pregnant, and the other is a 14 year old male. We also had two people reported as being hospitalized due to influenza. H1N1 testing has been submitted for both patients and we are awaiting results. An infant in a daycare setting has also been tested for H1N1 and awaiting test results.

**SCHOOLS:** Ohio Wesleyan University has reported their first student testing positive for influenza A test for this school season. Two middle schools are reporting a slight increase in absenteeism with 10-12% of students out with Influenza-Like-Illness.

**SENTINEL SITES AND OTHER SURVEILLANCE:** In the last 4 weeks there was an increase in the number of sales for Anti-fever medicines for children, thermometers and throat lozenges.

**H<sub>1</sub>N<sub>1</sub> FLU TESTING PROTOCOL:** Concerns have been voiced about limits on H<sub>1</sub>N<sub>1</sub> flu testing. Since early August, the Ohio Department of Health laboratory has conducted H<sub>1</sub>N<sub>1</sub>

tests only when someone with symptoms is hospitalized or is suspected of being part of a cluster of cases. This allows Public Health experts to identify the most severe cases and outbreaks at a time when the disease is widespread. Treatment for a person with flu symptoms is the same for all types of flu, so no test is necessary in most cases. For most otherwise healthy people, bed rest, drinking plenty of fluids and taking fever reducing medication is recommended.

**SEASONAL FLU SHOT CLINICS:** The Health District's seasonal flu shot clinics will start on Oct. 14<sup>th</sup> from 9:00 a.m. until 12:00 noon, at Center for Older Adults, 800 Cheshire Road, Delaware . Super Flu Saturday for Families will be held on Saturday, October 17<sup>th</sup> from 9:00 a.m. until 12:00 noon at the Delaware General Health District 3 W. Winter Street, Delaware. Almost everyone is recommended to get a seasonal flu shot this year.

**H<sub>1</sub>N<sub>1</sub> FLU SHOT CLINICS:** The Health District will offer H<sub>1</sub>N<sub>1</sub> immunizations once vaccine is received. Pregnant women, people who live with or care for children younger than 6 months of age, health care and emergency services personnel with direct patient contact, children 6 months and older and young adults through age 24, lead the priority list for the first doses. Details on how to get the H<sub>1</sub>N<sub>1</sub>flu shot will be announced later. Online pre-registration is now available at <https://h1n1vaccine.odh.ohio.gov/>. Individuals can register all members of their family. We recommend people check our website at [www.delawarehealth.org](http://www.delawarehealth.org) and information line at 740-203-2015 for updates.

**SYMPTOMS:** The symptoms of the H<sub>1</sub>N<sub>1</sub> virus are similar to the symptoms of seasonal flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Diarrhea and vomiting have been reported by some people, mostly children.