

PUBLIC HEALTH CONNECTION

SEPTEMBER AND OCTOBER 2009



Public Health
Prevent. Promote. Protect.

SCOTT COUNTY
HEALTH DEPARTMENT

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Novel influenza A H1N1 (H1N1) (referred to as swine flu early on) is a new flu virus that first caused illness in Mexico. The first identified cases of human infection with H1N1 in the U.S. were detected in April 2009. The virus has spread rapidly, is widespread in the United States at this time, and has been detected internationally as well. The United States government has declared a public health emergency in the U.S. in response to the H1N1 outbreak.

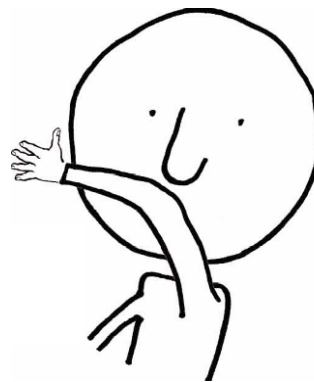
The spread of H1N1 is thought to occur in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza. Sometimes people may become infected by touching something—such as a surface or object—with flu viruses on it and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

The symptoms of H1N1 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 illness and death have occurred as a result of illness associated with this virus.

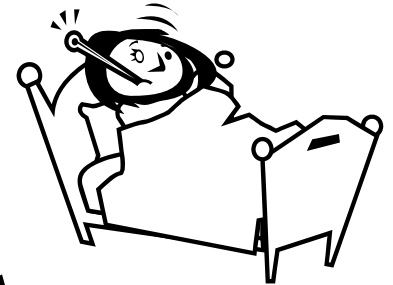
As with seasonal flu, individuals and families can do several simple things to prevent infection and stop the spread of disease:



Wash your hands often with soap and warm water. Use hand sanitizer when soap and water are not available.



Cover your mouth and nose with a tissue when coughing or sneezing. If you have no tissue handy, cough or sneeze into your upper sleeve.



Avoid close contact with people who are sick. Stay home from work, school, and errands when you are sick. Avoid places where people gather.



The H1N1 vaccine will be given as a separate shot when it becomes available. The H1N1 vaccine will not protect against the seasonal flu, so it is important to get your annual influenza shot.

Are You Ready?

CONSUMER WARNING

NOTE FROM
PUBLIC HEALTH
SAFETY SERVICE AREA

The U.S. Food and Drug Administration (FDA) is warning consumers of products related to the 2009 H1N1 flu virus offered on the Internet. The products involved are

those that are promoted and marketed to diagnose, mitigate, prevent, treat or cure the H1N1 flu virus, but are not approved, cleared or authorized by the FDA.

The FDA is taking action by contacting the operators of these Web sites to remove false claims and products.



Only Buy Products That Are Approved By the FDA

H1N1 PRIORITY POPULATIONS

NOTE FROM
ENVIRONMENTAL HEALTH AND CLINICAL HEALTH SERVICE AREAS

CDC's Advisory Committee on Immunization Practices (ACIP), a panel made up of medical and public health experts, met July 29, 2009, to make recommendations on who should receive the new H1N1 vaccine when it becomes available. While some issues are still unknown, such as how severe the virus will be during the fall and winter months, the ACIP considered several factors, including current disease patterns, populations most at-risk for severe illness based on current trends in illness, hospitalizations and deaths, how much vaccine is expected to be available, and the timing of vaccine availability.

The groups recommended to receive the H1N1 influenza vaccine include:

- **Pregnant women** because they are at higher risk of complications and can potentially provide protection to infants who cannot be vaccinated;
- **Household contacts and caregivers for children**

younger than 6 months of age because younger infants are at higher risk of influenza-related complications and cannot be vaccinated. Vaccination of those in close contact with infants less than 6 months old might help protect infants by "cocooning" them from the virus;

- **Healthcare and emergency medical services personnel** because infections among healthcare workers have been reported and this can be a potential source of infection for vulnerable patients. Also, increased absenteeism in this population could reduce healthcare system capacity;
- **Children from 6 months through 18 years of age** because we have seen many cases of H1N1 influenza in children and they are in close contact with each other in school and day care settings,

which increases the likelihood of disease spread,

- **Young adults 19 through 24 years of age** because we have seen many cases of H1N1 influenza in these healthy young adults and they often live, work, and study in close proximity, and they are a frequently mobile population; and,
- **Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza.**

We do not expect that there will be a shortage of H1N1 vaccine, but flu vaccine availability and demand can be unpredictable and there is some possibility that initially, the vaccine will be available in limited quantities.

Who Should Receive the H1N1 Vaccine?

FLU FREE QUAD CITIES

COMMUNITY PARTNER SPOT-

Genesis Health System, the Genesis Health Services Foundation, Clinton VNA Foundation and the Scott County Health Department are making plans to vaccinate thousands of children in the region against seasonal flu this fall. The vaccinations will be free to children who voluntarily

participate in Flu Free Quad Cities. This project will be funded by a grant from the Scott County Regional Authority to the Genesis Foundation and through donations.

Businesses and individuals have committed to making this project a reality. Every

child that is immunized will help to protect others from the flu.

For information on how you can help create a Flu Free Quad Cities, call the Genesis Health Services Foundation at 563-421-6865 or go to www.genesishealth.com/give.



Goal: All School-Age Children in the Quad Cities Will Receive the Seasonal Flu Vaccine

IT'S THAT SIMPLE: WASH YOUR HANDS

NOTE FROM COMMUNITY RELATIONS, INFORMATION AND PLANNING SERVICES

Experts at CDC believe that most people do not wash their hands often or well enough. Science backs up this belief as it has been estimated that eighty percent of all infections are transmitted by hands. Harmful germs can be found just about anywhere; pets, doorknobs, even purses and food. These germs are spread from one place to another by you and

your hands! So the answer really is as simple as washing your hands! Do it often and do it right. Here is how:

1. Rinse your hands with warm or hot running water.
2. Apply soap.
3. Lather up the soap and start washing. Take at least 20 seconds to scrub all surfaces of your hands.

4. Rinse the germs away.
5. Dry your hands.
6. Finish up. If possible use the paper towel to turn off the faucet and open the door to leave.

Hand sanitizers containing sixty percent or more alcohol may be used when soap and water are not available.



Wash Up!

SEASONAL FLU & PANDEMIC FLU: WHAT IS THE DIFFERENCE?

COMMON CONFUSIONS: SETTING THE RECORD STRAIGHT

Seasonal Flu	Pandemic Flu
Very young, elderly, persons with high risk conditions at increased risk.	Healthy people may be at increased risk
Health systems usually adequate	Health systems may be overwhelmed
Vaccine available	Vaccine likely not available in early stages
Average U.S. deaths is approximately 36,000/year	Number of deaths could be high (e.g. 1918 Spanish Flu pandemic resulted in 20-40 million deaths worldwide, 675,000 deaths in U.S.)
Symptoms: fever, headache, tiredness, cough, sore throat, runny or stuffy nose, body aches, diarrhea and vomiting (more common among children than adults)	Symptoms: fever, headache, tiredness, cough, sore throat, body aches, sometimes diarrhea and vomiting
Modest impact on society	May cause major impact on society
Manageable impact on domestic & world economy	Potential for severe economic impact both domestic and worldwide

**SCOTT COUNTY
HEALTH DEPARTMENT**

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OUR MISSION:

The Scott County Health Department is committed to promoting, protecting and preserving the health of the community by providing leadership and direction as advocates for the individual, the family, the community and the environment we serve.

OUR VISION:

As recognized and respected leaders in serving and protecting our citizens, we at the Scott County Health Department are committed to a safer, healthier community and environment. In so doing, we provide a multitude of services with Professionalism, Responsiveness, Involvement, Dedication, and Excellence.

MARK YOUR CALENDAR!

- Monday, September 7, 2009; Labor Day
Scott County Health Department will be closed
- Thursday, September 17, 2009; 12:00-1:00 p.m.;
Scott County Board of Health Meeting
*Open to the Public; Location: Scott County
Administrative Center, Board Room-1st Floor*
- Thursday, October 15, 2009; 12:00-1:00 p.m.;
Scott County Board of Health Meeting
*Open to the Public; Location: Scott County
Administrative Center, Board Room-1st Floor*



If you would like to receive this newsletter electronically, please add your name to our e-mail list on our Web site, www.scottcountyiowa.com/health. To remove your name from our mailing list, please e-mail health@scottcountyiowa.com or call 563-326-8618.



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