

Statement from Shari T Shapleigh, FNP regarding Pandemic (H1N1) 2009 flu, November 3, 2009

As we are coming into what is traditionally the regular flu season, it is important to note that the Center for Disease Control is reporting higher than normal rates of health care practitioner visits, hospitalizations and pediatric deaths related to flu-like illnesses. During the last week in October, 22 pediatric deaths were reported nationwide. When tested, the predominant influenza virus subtype has been pandemic 2009 H1N1.

The majority of hospitalizations occur in the pediatric and young adult population (under 24 years of age). What starts out as a mild flu-like illness progresses into serious respiratory distress on about days 3 to 5 into the illness. The respiratory distress can occur in normally healthy individuals as well as those with chronic medical conditions. For more information on warning signs during illness, go to

http://www.gannett.cornell.edu/campushealth/Influenza/help_when.html

Should you find yourself with flu-like illness (fever of 100°F and cough and/or sore throat), please remember to practice self-isolation until fever-free for 24 hours without the use of fever reducing medications. Most importantly, seek advice from your health care practitioner if you have a chronic medical condition, such as asthma or diabetes. Pregnant persons should also seek medical advice when experiencing flu-like symptoms.

The Campus community and the greater community have supported a preventative approach to decrease the spread of pandemic 2009 H1N1 and seasonal influenza (for a refresher, refer to the Center for Disease Control website: www.cdc.gov).

Although vaccination is a key factor in prevention planning, the production of the 2009 H1N1 flu vaccine has encountered delays. As a result, supplies will not be available in greater quantities until mid-November or later. TC3 Health Services will continue to keep the Campus community alert to the supply of 2009 H1N1 flu vaccine in the Health Center as well as the population groups targeted for vaccination. Please refer to the [attached document](#) regarding flu vaccine from the NYS Department of Health or feel free to call the Health Center with any questions regarding 2009 H1N1 influenza.

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Remember, your health is in your (clean) hands.

~Shari

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