

## **HEAD START of LANE COUNTY**

221 B Street · Springfield OR 97477-4522

(541) 747-2425 · FAX (541) 747-6648 · <http://www.head-start.lane.or.us>

*"Ensuring that our youngest children have a solid foundation for life."*

### **H1N1 FLU**

## **WHAT TO EXPECT THIS FALL AND WINTER**

### **EVERYONE SHOULD BE PREPARED**

If large numbers of people become ill with the flu:

- it may be difficult to get medical care
- large numbers of people may overwhelm health care services
- Doctors and Nurses may get sick too, so hospitals may be short staffed

### **KEEP YOUR DISTANCE**

If the severity of the illness increases, you may be asked to stay away from others. Staying home will help stop the spread of the virus. Events may be canceled, and theaters and schools closed. Currently these actions are not anticipated, based on what we know about the illness caused by this new strain.

### **SUPPLIES MAY BE LIMITED:**

Flu shots to protect against HINI may not be immediately available. People at highest risk for complications from pandemic HINI will be the first to receive the vaccination.

### **FLU OFFICIALS WILL KEEP YOU INFORMED**

They will work with the media to provide timely information and advice. Visit [www.flu.oregon.gov](http://www.flu.oregon.gov) for updated information.

### **LEARN MORE**

Oregon Public Health Division

[www.flu.oregon.gov](http://www.flu.oregon.gov)

**OREGON PUBLIC HEALTH HOTLINE**

**1-800-978-3040**

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### WHAT TO DO - AT HOME

#### **KEEP THESE ITEMS IN YOUR HOME**

- Enough food and water per person for a week or more. Choose foods that will keep for a long time and do not require refrigeration or cooking. Include a non electric can opener.
- Keep at least a week's supply of the medicines you take regularly.
- Stock medicines for fever, such as ibuprofen and acetaminophen. Never give aspirin or products that contain aspirin to children or teens who have the flu This can cause Reye's syndrome, a potentially deadly disorder that can cause swelling of the brain.
- Cold packs, blankets and humidifiers will also be useful. Have extra water and fruit juices on hand in case someone is sick - the flu virus causes dehydration and drinking extra fluids helps.

#### **MAKE HOUSEHOLD AND FAMILY EMERGENCY PLANS**

- Decide who will take care of the children if the schools close.
- Plan to limit the number of trips you take to shop or to run errands. Also, remember- public transportation routes and times may be limited.
- Think about how you would care for people in your family who have disabilities or if support services are not available.
- Be prepared to get by for at least a week on what you have at home. Stores may not be open or may have limited supplies.

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## H1N1 FLU

### PROTECT YOURSELF

#### **PROTECT YOURSELF BY GETTING VACCINATED**

Be sure to get an annual flu shot or nasal-spray vaccine as soon as it is available. This will protect you from the most common varieties of seasonal flu expected to be circulating this fall and winter. Once the new vaccines available, two additional flu shots may be necessary to protect you from the pandemic HINI virus. To offer the best protection, the second shot for HINI will need to be given 21-28 days after your first vaccination.

#### **PREVENT THE SPREAD OF GERMS**

The flu virus is spread from person to person when an ill person coughs, sneezes or touches things that other use. Do these simple, effective things to help protect yourself and others:

- Cover your mouth and nose when you cough or sneeze. It is best not to use your bare hand. Cough into your sleeve or cover your nose and mouth with a tissue. Properly dispose of your tissue in the garbage can.
- Wash your hands. The best way to protect yourself from viruses is to wash your hands often. Soap and water are best, but when they are not available, use alcohol-based hand gel or disposable wipes.
- Don't touch your eyes, nose or mouth. The flu virus is often spread when a person touches something that has the virus on it and then touches his or her eyes, nose or mouth.
- Stay home when you are sick, or have symptoms. Drink extra water, get plenty of rest and check with a health care provider as needed.

#### **HOME CARE**

Learn basic care giving. Know how to care for someone with a fever, body aches and lung congestion. Health authorities will provide specific instructions for caring for those who are sick as well as information about when to call a health care provider.

Learn how to recognize and treat dehydration. Watch for weakness, fainting, dry mouth, dark concentrated urine, low blood pressure or a fast pulse when lying or sitting down. These are sign of dehydration. The flu virus causes the body to lose water through fever and sweating. To prevent dehydration, it is very important for a person with the flu to drink plenty of liquids. For children it is recommended that products such as Gatorade, drinks with electrolytes be used.