DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION
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H1N1 FLU Update

H1N1 Flu Update ("Swine Flu")

San Bernardino County Department of Public Health has reported 248 confirmed cases, 16 deaths, and 81 people hospitalized from the pandemic (H1N1) 2009 influenza virus. The Department of Public Health is encouraging County employees and residents to utilize the following tips to help prevent the spread of H1N1.

Flu Facts

- Cough and sneeze into a tissue or your elbow. Dispose of the tissue after use.
- Wash your hands often with soap and water and/or use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth.
- Avoid close contact with sick people.
- Stay home from work or school and limit contact with others if you have flu-like symptoms.
- If you become infected with influenza, wait at least 24 hours after the fever subsides without the use of fever-reducing medications, before returning back to work or school.

A **limited supply** of the live intranasal H1N1 influenza vaccine (FluMist) arrived last week to the Department of Public Health and to some healthcare providers. The live intranasal H1N1 vaccine is one of two types of H1N1 vaccines that will be available in the United States. The second is the inactivated H1N1 vaccine.
The individuals that will receive the **only vaccine** available at this time include:

- Healthy children two to 18 years of age.
    - especially those younger than ten (10) years who are recommended to get two doses (30 days apart) for complete immunizations, and

- Healthy household contacts (two to 49 years of age) that take care of infants less than six (6) months of age.

MARK UFFER
County Administrative Officer

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At this time, **no other priority groups** will receive the H1N1 intranasal vaccine.

The following groups will receive the intranasal vaccine once it becomes widely available: Healthcare workers, school nurses/health aides, and emergency medical services personnel who:

- Are 49 years old or younger,
- Have no underlying health conditions, and
- Have direct contact with patients or infectious specimens

The Department of Public Health expects to receive shipments of the inactivated H1N1 influenza shot vaccine by mid-to-late October, and is planning mass vaccination clinics around the County. Clinic information will be provided as soon as the vaccine is ready for distribution.

The Department is working with the Inland Counties Emergency Medical Agency (ICEMA), the California Department of Public Health (CDPH) and other partners to obtain federal or state assets that may be in short supply. These preparations are important to ensure materials and protocols are in place to provide mass care, in the event that healthcare facilities become overwhelmed with patients.

The Department is working with community partners, including schools, community based organizations, businesses, and healthcare providers to ensure that the H1N1 vaccine reaches the target populations. The H1N1 vaccination clinics are part of the Department's H1N1 campaign to respond to the pandemic (H1N1) 2009 influenza virus.

For more information, call the San Bernardino County Department of Public Health between the hours of 8:00AM – 5:00PM, Monday-Friday at **1-800-782-4264,** or visit the Public Health website at www.sbcounty.gov/dph.

For additional information visit:

- The California Department of Public Health at www.cdph.ca.gov or call **1-888-865-0564**.
- The Centers for Disease Control and Prevention at: www.cdc.gov/h1n1flu or call **1-800-232-4636.**