



## Pandemic 2009 H1N1 Influenza Newsletter

The information on these two pages summarizes some of the latest information about the local response to H1N1. For the most recent news, guidelines, and information go to the County of San Diego website ([www.sdcountry.ca.gov](http://www.sdcountry.ca.gov)) and click on the H1N1 Flu button under Emergency Preparedness.

**HEALTH TIP OF THE WEEK:** WHILE CHILDREN 6 MONTHS THROUGH 9 YEARS OF AGE MAY HAVE SOME PROTECTION AGAINST H1N1 INFECTIONS AFTER ONE DOSE OF H1N1 VACCINE, THE MOST EFFECTIVE PROTECTION WILL COME FROM GETTING TWO DOSES. THE CDC RECOMMENDS THAT THE TWO DOSES OF 2009 H1N1 VACCINE BE SEPARATED BY 3 TO 4 WEEKS. IT IS OK IF THE SECOND DOSE OF THE H1N1 VACCINE IS GIVEN MORE THAN 3 TO 4 WEEKS AFTER THE FIRST DOSE – THE DOSE CAN BE GIVEN AS ADDITIONAL H1N1 VACCINE ARRIVES IN SAN DIEGO.



**SURVEILLANCE:** For the week ending November 21 (week 46), H1N1 influenza is decreasing across the country and in our community. California continues to have widespread influenza activity, as do 31 other states (this is down from 43 states the previous week). In San Diego County through December 1 there have been 675 hospitalizations associated with H1N1 and 40 San Diego County residents have died and tested positive for H1N1. Public Health Services also continues to monitor H1N1 outbreaks in schools.



**COMMUNITY MITIGATION:** Have you heard that pediatric oseltamivir (Tamiflu®) may be in short supply? That is true in many communities—but the adult dose of vaccine can be mixed up to give to children. Talk to your child's doctor or pharmacist about this if you are having trouble getting the prescribed medicine to treat your child for flu.



**VACCINATION:** To date orders for over 600,000 doses of H1N1 vaccine have been filled for San Diego County. H1N1 vaccine is still in short supply in our community but continues to slowly arrive. For counties' latest allocation of vaccine, the California Department of Public Health has asked counties to work to distribute the vaccine throughout communities to providers who can reach the CDC's highest risk groups—pregnant women, caretakers of infants less than 6 months of age, children and young adults 6 months to 24 years of age, adults 25 to 64 years of age with underlying medical conditions, and health care workers.



The County of San Diego Public Health Services sorted through providers' orders and the priority populations they care for; planned how to allocate the limited vaccine to partially fill providers' orders; discussed the distribution plans with doctors, clinics, and hospitals; and placed orders for providers to vaccinate high risk groups.

**MYTH OF THE WEEK:** *THE H1N1 SHOT IS BETTER THAN THE H1N1 NASAL SPRAY.*

**NOT TRUE!** *THE ABILITY OF THE H1N1 FLU VACCINE TO PROTECT A PERSON DEPENDS ON THE AGE AND HEALTH STATUS OF THE PERSON GETTING THE VACCINE, AND THE SIMILARITY OR "MATCH" BETWEEN THE VIRUS IN THE VACCINE AND THAT IN CIRCULATION. BOTH THE H1N1 SHOT AND NASAL SPRAY ARE EFFECTIVE. IF YOU ARE A HEALTHY ADULT FROM 2 THROUGH 49 YEARS OF AGE YOU MAY ASK YOUR PROVIDER FOR THE H1N1 NASAL SPRAY.*



**COMMUNICATION:** Have you been hearing or seeing flu prevention messages more often in the community? Maybe you have seen the County of San Diego Health and Human Services Agency public service announcements on TV or the banner ads on buses. There are also radio commercials. All of these ads emphasize preventive measures to keep you healthy.



### FOR MORE INFORMATION:

#### Local

- County website:  
[www.sdcounty.ca.gov](http://www.sdcounty.ca.gov)
- Call 2-1-1

#### State

- CDPH website:  
<http://www.cdph.ca.gov>

#### Federal

- CDC website:  
<http://www.cdc.gov/h1n1flu/>
- Call 1-800-CDC-INFO