



Perspectives® Update H1N1

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Half of U.S. Should Get H1N1 Vaccination

By Matthew Bigg

ATLANTA July 29, 2009 (Reuters) - About half the U.S. population should get vaccinated against H1N1 influenza and pregnant women and healthcare workers should be at the front of the line, U.S. health advisers agreed on Wednesday.

Up to 160 million doses of flu vaccine will be available for the start of a vaccination campaign planned for mid-October. The Advisory Committee on Immunization Practices recommended that state and local health officials prepare to vaccinate as many as 160 million people.

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Article Courtesy of reuters.com

The Double Barrel Approach to Flu Prevention

The CDC has stated that vaccines are the most powerful public health tool for the control of influenza and is encouraging people to take responsibility and get vaccinated this flu season. Officials are recommending that people receive both the regular seasonal influenza vaccine and the H1N1 vaccine.

So what's the difference between the two vaccines? Seasonal influenza vaccines protect against many different strains of influenza while the H1N1 vaccine has been developed to protect against a particularly threatening strain. The CDC explains that the seasonal flu vaccine is unlikely to provide protection against H1N1 influenza. The H1N1 vaccine is not intended to replace the seasonal flu vaccine – it is intended to be used along-side the seasonal flu vaccine.

The seasonal influenza vaccine is available now while the H1N1 vaccine is expected to be available mid-October. The CDC does not expect a shortage of the H1N1 vaccine.

According to the CDC, once available, it will be possible to administer both the H1N1 vaccine and the seasonal influenza vaccine on the same day. "We're calling on people to take some personal responsibility, call your doctor and get the regular flu shot now since it's already available," CDC spokesman Joe Quimby said (FOXNews).

Perspectives is Here to Help!

Telecounseling is available! Call Perspectives at 1.800.456.6327 to speak with a counselor. Counselors are available to speak with you about any stress you may be experiencing related to H1N1. Resources and information are also available through Perspectives Online. Visit www.perspectivesltd.com and login using your company's username and password to access these resources.

Does your company have Family Resource Link? When your family requires care arrangements for a sick child or elder family member, Perspectives Family Resource Link is available to help. Qualified child care and elder care consultants are available to assist by phone, email or Live Connect any time, any day. A care consultant can answer questions, provide articles, tip sheets and resources as well as find you confirmed referrals that match your needs. **Whether you are trying to be prepared in advance and have names of emergency care providers or find yourself in a situation where emergency care is required, Perspectives is here to help.**

Reliable Web-sites for Accurate Up-to-date H1N1 Information

www.flu.gov - U.S. Department of Health and Human Services

Information on planning for an outbreak, what to do if you're sick, travel news, and more.

www.cdc.gov/h1n1flu/ - Centers for Disease Control and Prevention

Specific information for parents, pregnant women, schools, travelers, and other groups.

www.Who.int - World Health Organization

Global perspective on the H1N1 situation.

www.aap.org - American Academy of Pediatrics

H1N1 information related to children and child care.

Prevention Tips

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Regularly disinfect door knobs, phones, remote controls, computer keyboards, and other objects shared by others. Flu viruses may live on objects and hard surfaces for up to 48 hours.
- If you are sick, stay home for seven days after your symptoms begin or until you have been symptom-free for 24 hours (whichever is longer).

When to Stay Home:

According to the CDC if you do contract the H1N1 virus you may be ill for a week or longer. If you are ill, you should stay home and keep away from others as much as possible. Avoid travel and do not go to work or school, for at least 24 hours after your fever is gone.

When to Seek Urgent Medical Attention:

The CDC recommends seeking emergency medical care if you experience any of the following warning signs:

In Children

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In Adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden Dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

