



Seasonal Flu & Pandemic H1N1 Flu Information for Parents: Fall 2009

What is pandemic flu?

Pandemic influenza (flu) is a world-wide outbreak caused by a new flu virus. The virus spreads easily, and since this is a new flu virus, people have little or no immunity – or protection – against it. In the past, pandemic influenza has caused widespread illness and death.

Pandemic flu is different from seasonal flu. Seasonal flu outbreaks are caused by viruses that have been in communities before. Seasonal flu happens every year, usually during winter months. Pandemic flu is caused by a virus that is new to people. It is likely that pandemic flu will affect more people than seasonal flu because we have little or no immunity against it. Also, a flu pandemic could last longer than a typical flu season.

What is the H1N1 flu?

In April 2009, a new flu virus called novel H1N1 influenza (early on called “swine flu”) started making people ill. The H1N1 flu spread from person-to-person, much the same way that regular seasonal flu viruses spread. Now the new flu virus is called pandemic H1N1.

The symptoms of seasonal flu and pandemic H1N1 flu are similar and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Many people with the pandemic H1N1 flu, especially children, also have diarrhea and vomiting.

Why should I be concerned about pandemic H1N1 flu?

Both seasonal flu and the novel H1N1 flu viruses are expected to cause illness in this school year. Flu viruses are known to change as they move through the population. Scientists and health professionals are concerned that this new pandemic H1N1 flu virus could mutate (change) and cause more severe illness and death. Even if this does not happen, we expect there will be large numbers of sick people, which could overwhelm community resources.

Most people who get sick with flu get better without any medical attention. This has been true for the pandemic H1N1 flu virus. And most people who have been sick with the H1N1 flu have been taken care of at home and have fully recovered. People who have health problems are at higher risk for more severe illness, as are people with weakened immune systems. So far with the pandemic H1N1 flu, it seems that children less than 5 years of age, and especially those less than 2 years, may be at increased risk of more severe illness.

Also, the largest number of confirmed and probable cases is in people between the ages of 5 and 24 years. This is different when compared to those who usually are sick with seasonal flu. While this age group is getting sick with the H1N1 flu, most recover and get better unless they have health problems or weakened immune systems.

What should I do?

1. Get a season flu vaccine. The seasonal flu vaccine should be available at the beginning of September. Children ages 6 months to 18 years should get this flu vaccine every year. This year, since we will have both flu viruses circulating in our community, getting the seasonal flu vaccine will protect you from getting sick with seasonal flu.
2. A vaccine for the pandemic H1N1 flu will be available later in the fall, but there may be a limited supply at first. Recommendations for this vaccine include children and young adults 6 months to 24 years of age. The H1N1 vaccine will most likely require a booster shot 2 to 3 weeks after the first shot. For more information on pandemic H1N1 vaccine recommendations, go to <http://www.cdc.gov/h1n1flu/vaccination/acip.htm>
3. If your child becomes sick with flu symptoms (fever, cough, sore throat, runny nose), **keep your child at home until they no longer have a fever (without taking any medicine) for at least 24 hours.** If your child has other health issues, you may want to call your doctor for advice.
4. Teach your child good health habits by showing them how to cover cough and sneeze into their sleeves, or to cover their cough/sneeze with tissues. They should wash their hands often and keep their hands away from their faces. These simple tips will go a long way in limiting the spread of disease – especially if everyone cooperates!

Not everyone with flu symptoms may need to be seen by a health care provider or be tested for influenza. The best thing to do is to stay at home until you or your child is without a fever for at least 24 hours. But if you are worried that you or your child's symptoms are getting worse, be sure to contact your health care provider. As we learn more about the pandemic H1N1 flu, information may change. Be sure to watch for other notices from your child's school, or go to the Public Health Department web site at www.sccphd.org and look for pandemic H1N1 updates. If you have additional questions, you may call the Public Health Disease Prevention and Control Program at 408-885-4214 and ask to speak with a public health nurse.

Thank you for helping us keep our school community as healthy as possible.



季節性感冒與H1N1流行性感冒 之父母衛教資訊：2009年秋天

何謂流行性感冒？

流行性感冒（流感）是由新型流感病毒引發的全球性感冒大流行。由於病毒容易傳播，且因為是新種病毒，一般人很難或沒有免疫力，因此無法倖免。在過去，流行性感冒曾引發大規模疾病與死亡。

流行性感冒與季節性感冒不同。季節性感冒的爆發主要由舊有存在於社區內的病毒所造成，因此季節性感冒每年都會發生，通常出現在冬季期間。流行性感冒是由對人們而言新的病毒所造成，可推測流行性感冒對人們所造成的影響遠大於季節性感冒，因為我們很難或沒有免疫能力對抗它。同時，流行性感冒比一般季節性感冒持續較久。

何謂H1N1流感？

在2009年四月，有一種稱為新型H1N1流感（稍早稱為「豬流感」）的新流感病毒開始流行。H1N1流感是以人傳人方式散播，非常類似於一般季節性感冒的傳播方式，現今這種新型流感病毒被稱為H1N1流感。

季節性感冒與H1N1流感的症狀類似，包括發燒、咳嗽、喉嚨痛、流鼻水或鼻塞、身體疼痛、頭痛、寒顫與疲倦。很多人感染H1N1流感以後，尤其是孩童，還會出現腹瀉與嘔吐症狀。

為什麼我必須對H1N1流感保持關注？

在本學年，我們預期季節性感冒與新型H1N1流感病毒都會流行。已知流感病毒在人群間流竄時會產生變異，科學家與衛生相關人員擔心這種新型H1N1流感病毒會產生基因突變（變異），並且造成更嚴重的病症與死亡。縱使事態沒有這麼嚴重，我們預期仍會有很多人生病，造成社區整體很大的影響。

大多數人感冒後可不藥而癒，對於H1N1病毒流感亦是如此。多數人在感染H1N1流感後，居家休息即可完全康復。健康有問題的人則具有較高的風險會罹患更嚴重的疾病，因為他們的免疫力較弱。目前H1N1流感患者當中，5歲以下的幼童，尤其是2歲以下，罹患嚴重病症的風險較高。

此外，在5歲至24歲間之感染人口最多，此與一般季節性感冒不同。雖然此年齡族群會感染H1N1流感，但大多數皆可復原，除非其本身就有健康問題或免疫力較弱。

我該怎麼做？

1. 注射季節性感冒疫苗。季節性感冒疫苗可於九月初開始注射，6個月至18歲的孩童應每年接受此疫苗注射。由於本年度我們社區同時有此兩種病毒傳播，因此接受季節性感冒疫苗可幫助您預防季節性流感。
2. H1N1流感疫苗可於秋季末期開始注射，但初期供應有限，建議6個月至24歲的幼童與年輕人注射此疫苗。H1N1疫苗需要在第一劑之後2至3週繼續注射第二劑，更多相關H1N1流感疫苗之訊息與建議，請參見網站：<http://www.cdc.gov/h1n1flu/vaccination/acip.htm>。
3. 若您的孩子出現流感症狀（發燒、咳嗽、喉嚨痛、流鼻水），**請讓孩子居家照顧，直到不再出現發燒症狀(未服用任何藥物)至少24小時**。若您的孩子有其他健康問題，請立即聯絡醫師作進一步諮詢。
4. 請教導您的孩子良好的衛生習慣，如咳嗽或打噴嚏時以袖子掩護，或以面紙掩住，應盡量避免用手接觸臉部。這些簡單的動作可有效防止疾病的散播——尤其是大家一起配合時！

Dedicated to the health of the whole community
The Public Health Department is a division of Santa Clara Valley Health & Hospital System, owned and operated by the County of Santa Clara.

並非每位有流感症狀者都需要專業機構照顧或檢查。最好的方法是居家照顧，直到您或您的小孩已至少24小時沒有發燒。但如果擔心您或您的孩子症狀加劇，請聯絡您的健康照護機構。當我們瞭解更多有關於H1N1流感的訊息時，我們會更新這些資訊。請留意您孩子就讀學校的其他相關注意事項，或請至公共衛生部門網頁 www.sccphd.org，搜尋有關H1N1流感的最新訊息。若您有其他問題，可電洽公共衛生疾病預防與管控部門：408-885-4214，並與公共衛生護士聯絡。

感謝您協助我們儘可能維持校園環境衛生。