



**Cook County
Emergency Management Agency
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Chicago, IL 60602**



**County Board President
TODD H. STROGER**

**Executive Director
DAVID R. RAMOS**

Date: August 28, 2009

**To: Cook County Elected Officials
Cook County Fire Chiefs
Cook County Police Chiefs
Cook County EMA/ESDA Directors**

**From: David R. Ramos
Executive Director
Cook County Emergency Management Agency**

Re: H1N1 Information

The following information was provided by the CDC during their weekly conference call:

- To date, there have been 7,963 hospitalizations and 522 deaths that have been laboratory confirmed as caused by novel H1N1.
- 75% of the hospitalizations are under 49 years of age, and 60% of the deaths are in those under age 49.
- CDC is expecting somewhere between 45 million and 52 million doses of vaccine to be available by mid-October. This will be followed by weekly availability of vaccine up to about 195 million doses by the end of the year. *These numbers are driven by a number of variables in the manufacturing process and are subject to change.*
- Given the projected reduced quantity of available vaccine, there are no changes in the recommendations from Advisory Committee on Immunization Practices (ACIP) or changes in the prioritization, but we are continuing to monitor the amount of vaccine very closely, as well as the demand for the vaccine.
- Initially, the number of vaccine doses that will be available to each state will be based on the state's population. The distribution of the vaccine will be very similar to what's done currently for the vaccine in children's programs, so this will be a program that will be enhanced to enroll a larger number of providers (for example hospitals, private physicians and certified clinics) rather than a completely new program that's developed.

- **Highlights of these recommendations include:**
 - 1) the identification of five initial target groups for vaccination efforts
 - a.) pregnant women
 - b.) persons who live with or provide care for infants above the age of 6 months.
 - c.) health-care and emergency medical services personnel
 - d.) children and young adults aged 6 months-24 years, and
 - e.) persons aged 25-64 years who have medical conditions that put them at higher risk for influenza-related complications),
 - 2) establishment of priority for a subset of persons within the initial target groups in the event that initial vaccine availability is unable to meet demand, and
 - 3) guidance on use of vaccine in other adult population groups as vaccine availability increases.
- **The vaccination program is strictly voluntary and not mandated.**
- **The states will receive orders from providers for the number of doses of vaccine needed, and will coordinate with CDC. Providers will be required to follow CDC recommendations for administering vaccinations to target groups.**
- **Clinical testing is currently being conducted and to date there have not been any adverse side affects reported.**

Cook County Emergency Management agency will continue to forward updated H1N1 information to your jurisdiction/agency as it becomes available.

Should you wish to receive future updates electronically please forward your email address and contact information to:

Ema_ccema@cookcountygov.com

Attachments:

1. Common Sense Checklist (English)
2. Common Sense Checklist (Spanish)
3. H1N1 Questions and Answers (3 pages)
4. Protecting Yourself (English)
5. Protecting Yourself (Spanish)



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Clean - Wash your hands • **Cover** - Cover your cough and sneeze • **Contain** - Contain your germs • stay home if you are sick

Common Sense Checklist for H1N1 Influenza (Swine Flu)

If you have a flu-like illness including:

Fever greater than 100°F (37.8°C) AND cough, sore throat, or runny nose or stuffiness

Then Stay Home and CALL Your Doctor

If you are mildly sick with flu-like symptoms - STAY HOME and recover, unless you have the following worrisome WARNING SIGNS.

Emergency warning signs that need urgent medical attention include:

IN CHILDREN

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- Persistent vomiting
- Not waking up or not as responsive as usual or not interacting
- Signs of dehydration, such as dizziness when standing, not passing urine or, in infants, lack of tears when crying
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash
- Seizures

IN ADULTS

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Dizziness or confusion
- Not drinking enough fluids or vomiting and unable to keep liquids down
- Severe or persistent vomiting
- Flu-like symptoms improve, but then return with fever and worse cough

Common Sense Precautions Include:

- Wash your hands often, especially after coughing, sneezing, and wiping or blowing the nose.
- Cover your mouth when coughing or sneezing.
- Use paper tissues when wiping or blowing your nose; throw tissues away after use.
- Stay away from crowded living and sleeping spaces, if possible.
- Stay home and avoid contact with other people to protect them from catching your illness.



For basic, non-medical questions call the Illinois Hotline for H1N1 (Swine Flu) -
866-848-2094 (English); 866-241-2138 (Spanish)

ready.illinois.gov



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Limpiar - Lave sus manos • **Cubrir** - Cubra su tos y estornudos • **Controlar** - Controle sus gérmenes - quédese en casa si está enfermo.

Siga Estos Pasos de Sentido Común para la H1N1 (Influenza Porcina / gripe porcina)

Si usted tiene síntomas similares a los de la gripe incluyendo:

Fiebre > de 100°F (37.8°C) Y tos O dolor de garganta

E

Historia de viajes hacia una zona afectada dentro de los 7 días del comienzo de la enfermedad

O

Contacto con una persona correspondiente a la descripción antes mencionada dentro de los 7 días del comienzo de la enfermedad

Entonces Quédese en Casa y LLAME a Su Doctor

Si no hay relación con las zonas afectadas o con viajeros de las áreas afectadas pero se siente medianamente enfermo con síntomas similares a los de la gripe - **QUEDESE EN CASA** y recupérese, a no ser que tenga los siguientes SINTOMAS PREOCUPANTES:

Síntomas o señales de alarma que pueden necesitar atención Médica de Emergencia incluyen:

EN NIÑOS

- Respiración rápida o dificultad para respirar
- Color de piel azulado (en personas de tez clara) y color de piel grisácea (en personas de piel oscura)
- No toma suficientes fluidos
- No se despierta o no interactúa
- Se siente tan irritado que el niño ni siquiera quiere que lo carguen en brazos
- Síntomas de gripe mejoran pero vuelven con fiebre y peor tos
- Fiebre con irritación o ronchas

EN ADULTOS

- Respiración agitada o dificultad para respirar
- Dolor o presión en el pecho o abdomen
- Mareos o confusión repentinos
- Vómito severo o persistente

ready.illinois.gov



Las Precauciones de Sentido Común incluyen:

- Lavarse las manos con frecuencia, especialmente después de toser, estornudar y de limpiar o soplar su nariz.
- Cubra su boca cuando esté tosiendo o estornudando
- Utilice pañuelos de papel o "tissue" cuando se limpie o suene su nariz; tírelo a la basura luego de usar.
- Si es posible, evite vivir y o dormir en lugares con mucha gente.
- Quédese en su casa y evite contacto con otros para protegerlos de que no se contagien con su enfermedad.

Si tiene preguntas básicas que no sean médicas sobre la H1N1 (Influenza Porcina/gripe porcina) llame a la línea "hotline" del Estado de Illinois al 866-848-2094 (en Inglés) o al 866-241-2138 (en Español) 6:00AM - 10:00PM



H1N1 Flu (Swine Flu) Questions and Answers

What is H1N1 flu (swine flu)?

H1N1 Influenza is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Is this H1N1 flu virus contagious?

CDC has determined that this H1N1 influenza A virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of H1N1 flu in people?

The symptoms of H1N1 flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 flu

How does H1N1 flu spread?

Spread of this H1N1 influenza A virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

Can I get H1N1 influenza from eating or preparing pork?

No. H1N1 influenza viruses are not spread by food. You cannot get H1N1 influenza from eating pork or pork products. Eating properly handled and cooked pork products is safe.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

What should I do to keep from getting the flu?

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

Are there medicines to treat H1N1 flu?

Yes. CDC recommends the use of oseltamivir (**tamiflu**) or zanamivir (**relenza**) for the treatment and/or prevention of infection with these H1N1 Influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

How long can an infected person spread H1N1 flu to others?

People with H1N1 influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.



H1N1 Flu (Swine Flu) Questions and Answers

What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against H1N1 flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough or sneeze into your sleeve..
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with Influenza, stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where H1N1 influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.



H1N1 Flu (Swine Flu) Questions and Answers

If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

If you become ill and experience any of the following warning signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color (for fair tones) and grayish skin color (for darker tones)
- Not drinking enough fluids
- 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
- Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

How serious is H1N1 flu infection?

Like seasonal flu, H1N1 flu in humans can vary in severity from mild to severe.



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Protecting Yourself Against Swine Flu

What is swine flu?

Swine influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that cause regular outbreaks in pigs. Cases of human infection with swine influenza A (H1N1) viruses have been confirmed in the United States. The U.S. Centers for Disease Control and Prevention, the Illinois Department of Public Health and local health agencies are working together to investigate this situation. Visit ready.illinois.gov or www.cdc.gov/swineflu/ for more information.

What are the signs and symptoms of swine flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue, and, in some cases people have reported diarrhea and nausea. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

Although this situation is serious, there is no need for alarm. There are simply **everyday actions you and your family can take to stay healthy.**

- If you have a cough or sneeze, cover your nose and mouth with a tissue or cough or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners also are effective when hand washing facilities are not available.
- Avoid touching your eyes, nose or mouth. Germs are spread through such contact.
- Influenza is thought to spread mainly from person-to-person through coughing or sneezing of infected people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.

What is the best way to keep from spreading the virus through coughing or sneezing?

If you are sick, limit your contact with other people as much as possible. Do not go to work or school if ill. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Put your used tissue in the waste basket. Cover your cough or sneeze if you do not have a tissue. Then, clean your hands, and do so every time you cough or sneeze.

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Washing your hands often will help protect you from germs. Wash with soap and water or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

What should I do if I get sick?

If you live in areas where swine influenza cases have been identified and you become ill with influenza-like symptoms, including fever, body aches, runny nose and sore throat, and, in some cases, nausea, or diarrhea, you should contact your health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed. If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.



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Protéjase contra Influenza Porcina (gripe porcina)

¿Que es la Influenza Porcina (gripe porcina)?

La Influenza Porcina (gripe porcina) es una enfermedad respiratoria de los cerdos causada por el Virus de Influenza tipo A que causa brotes de gripe regulares entre los cerdos. Casos de infecciones humanas con Influenza Porcina (gripe porcina) con el virus tipo A (H1N1) se han confirmado en los Estados Unidos. El Centro de Prevención y Control de Enfermedades de los Estados Unidos, El Departamento de Salud Pública de Illinois y agencias locales de salud están trabajando en conjunto para investigar esta situación. Visite ready.illinois.gov o www.cdc.gov/swineflu/ para más información.

¿Cuáles son los síntomas y señales de Influenza Porcina (gripe porcina) en la gente?

Los síntomas de Influenza Porcina (gripe porcina) en la gente son similares a los síntomas de la gripe común en los humanos e incluyen fiebre, tos, dolor de garganta, dolor del cuerpo, dolor de cabeza, escalofríos y fatiga y en algunos casos hay gente que ha reportado tener diarrea y náuseas. Como la gripe de temporada, la Influenza Porcina (gripe porcina) puede causar el empeoramiento y que sea más fuerte las condiciones médicas crónicas.

Aunque esta situación es seria, no hay necesidad de alarmarse. Hay simples acciones diarias que usted y su familia debe seguir para mantenerse saludables.

- Si usted tiene tos o estornuda, cubra su boca y nariz con un pañuelo o "tissue," tosa o estornude en su manga. Tire el "tissue" a la basura después de usarlo.
- Lave sus manos seguido con agua y jabón, especialmente después de toser o estornudar. Los limpiadores de manos a base de alcohol también son efectivos cuando no hay un lugar disponible para lavarse las manos.
- Evite tocarse los ojos nariz y boca. Los gérmenes se transmiten a través de ese contacto.
- Se cree que la Influenza principalmente se transmite de persona a persona a través de la tos y los estornudos de las personas infectadas.
- Si usted esta enfermo, quédese en casa no vaya a trabajar o a la escuela y limite el contacto con otros para evitar contagiarlos.

¿Cuál es la mejor técnica para evitar la transmisión del virus a debido a la tos y los estornudos?

Si usted esta enfermo, limite su contacto con otra gente tanto como sea posible. No vaya a trabajar o a la escuela si se siente mal. Cubra su boca y nariz con un pañuelo o "tissue" cuando tosa o estornude. Esto puede prevenir que los que están a su alrededor se enfermen. Coloque los "tissues" usados en la basura. Cubra su tos y estornudos, si no tiene un pañuelo o "tissue." Luego limpie sus manos y hágalo cada vez que tosa o estornude.

¿Cuál es la mejor técnica para lavar mis manos y evitar el contagio de la gripe?

Lavarse las manos seguido lo va ha proteger de los gérmenes. Lávese con agua y jabón o límpiense con limpiador de manos a base de alcohol. Le recomendamos que cuando lave sus manos con agua tibia y jabón- lo haga por 15 a 20 segundos. Cuando el agua y jabón no están disponibles las toallitas limpiadoras descartables o limpiadores de mano en gel se pueden usar. Usted puede encontrarlos en la mayoría de los supermercados y farmacias. Si usa un gel frote sus manos hasta que el gel se seque. El gel no necesita agua para trabajar; el alcohol que contiene mata los gérmenes de sus manos.

¿Qué debo hacer si me enfermo?

Si usted vive en áreas donde casos de la Influenza Porcina (gripe porcina) han sido identificados y usted se enferma y tiene síntomas de gripe, incluyendo fiebre, dolor del cuerpo, mucosidad y dolor de garganta y en algunos casos náuseas o diarrea, usted debe contactar a su proveedor de servicios médicos, particularmente si esta preocupado por sus síntomas. Su proveedor de servicios médicos va ha determinar si es que exámenes de influenza o tratamiento es necesario. Si usted esta enfermo, usted debe quedarse en casa y evitar el contacto con otras personas tanto como sea posible para evitar la transmisión de su enfermedad a otros.