

# Central CT Health District

## Mass Dispensing Area #28

### Emergency Preparedness Newsletter



**SUMMER 2009**



#### **VOLUNTEER RECEPTION**

The Volunteer Fair held in April was a success. Approximately 60 volunteers attended. The Wethersfield/Rocky Hill Professional Nurses' Association was given a check to support its nurses' scholarship fund. The Association members have supported the Health District's Flu Clinics since the 1970s. Norma Moran, RN was presented with a certificate of Appreciation for all of the years she has supported CCHD's clinics. Good food and camaraderie were enjoyed by all.



#### **H1N1 (formerly known as swine flu)**

As everyone has been hearing, the H1N1 influenza came to Connecticut sometime in April. The news media had many stories related to "swine" flu, how it spreads, the symptoms, the treatment, the lack of vaccine, how to protect oneself and unfortunately the vulnerability of people with pre-existing medical conditions. The Central CT Health District has been working with the CT Department of Public Health (DPH), the Centers for Disease Control (CDC) and others such as the school systems to try to minimize the impact of H1N1. Information has been disseminated regarding "social distancing" measures such as "cough/sneeze in your sleeve", wash hands frequently, disinfect common surfaces, stay away from crowds/hugging/kissing and stay home if you are sick. Although the H1N1 virus has been relatively mild for most who have experienced it, public health authorities have determined that there is now a pandemic flu – meaning that it is worldwide. They also expect that the symptoms will be more severe as the next H1N1 wave hits in this fall. As a result, all Public Health entities are preparing to possibly manage a large number a vaccinations with a new vaccine in addition to the regular seasonal vaccine. It is expected that the vaccine will be available in limited amounts over time and two (2) shots will be needed per person. CDC and DPH will designate the priority populations to receive the vaccine. This will mean more Flu Clinics and the need for additional manpower. The CCHD is comprised of only 11 staff, some of whom are part-time. Therefore, we will need more volunteers than in most years. You may volunteer for one or more clinics. BOTH medical and non-medical assistance will be needed. Medical personnel must be licensed if administering the vaccine. Non-medical personnel assist with forms distribution, completion and collection, security/interior traffic flow, data entry, volunteer management, supply management and other functions.



# PLEASE VOLUNTEER

## H1N1 MAY NECESSITATE

## NEED FOR

## MANY MORE CLINICS NEED FOR MORE VOLUNTEERS

RECRUIT  
FRIENDS  
FAMILY

### MEDICAL

Nurses  
Doctors  
Pharmacists  
Dentists  
Pharmacy Technicians  
EMS  
Other medical

### NON-MEDICAL

Data Entry  
Forms Management  
Assist Vaccinators  
Runners  
Supply Management  
Interior Security/ Traffic Flow  
Volunteer Management

Contact: **Judye Torpey, Emergency Preparedness Coordinator**



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**Leave a message**

or



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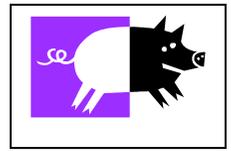
Our website [www.ccthd.org](http://www.ccthd.org) also has information about H1N1, volunteering, emergency preparedness, health, services and other helpful links.



**We are using a new telephone notification system called Premiere Global. If you get a call, you may get a message that will not require any action on your part or you may be given instructions for your response.**

# **VOLUNTEER TRAINING: H1N1 UPDATE**

## **Public Health Emergency Planning**



### **SIGNS AND SYMPTOMS**

- The symptoms of this new H1N1 flu virus in people are similar to the symptoms of seasonal flu and include fever (100.4), cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. A significant number of people who have been infected with this virus also have reported diarrhea and vomiting.

### **HOW IT IS SPREAD**

- Spread of this H1N1 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 by people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.
- CDC believes that this virus has the same properties in terms of spread as seasonal flu viruses. With seasonal flu, studies have shown that people may be contagious from one day before they develop symptoms and to up to 7 days after they get sick. Children, especially younger children, might potentially be contagious for longer periods.
- Certain groups of people are at higher risk of complications from the novel H1N1 flu. So far, the largest number of confirmed and probable cases has occurred in people between the ages of 5 and 24-years-old. There have been few cases and no deaths reported in people older than 64 year old. However, pregnant women, and people with high risk medical conditions, such as asthma, diabetes, and heart disease, appear to be associated with increased risk of complications. These people should call their health care provider immediately to discuss appropriate treatment if they develop a fever with a cough, sore throat, or runny nose.

### **VACCINE PRODUCTION**

- Reference strains have been sent by the CDC to manufacturers. There are 5 manufacturers creating master seed strains to prep for pilot lots. Clinical trials of the pilot lots are planned for this summer.
- The decision to manufacture remains separate from the decision to distribute, which will be made later in the summer based on the southern hemisphere influenza season experience.
- Peak influenza season in the southern hemisphere is June and July.
- Best case scenario for vaccine availability would be an October time frame.
- Vaccine delivery may be spread over weeks or months.

### **WORLD HEALTH ORGANIZATION SUMMARY**

- Over 105 countries have reported 55,867 confirmed cases including 238 deaths.

### **CDC SUMMARY**

- As of July 17<sup>th</sup>, 40,617 probable and confirmed cases identified in 53 States (includes the District of Columbia, Puerto Rico, Guam and the U.S. Virgin Islands) with 263 deaths reported.
- Laboratory-confirmed cases represent only a fraction of the likely number of cases because many persons with mild symptoms do not seek care from a doctor or hospital but recover at home.

- Influenza illness, including illness associated with the novel influenza A H1N1 virus is ongoing in this country and will be with us for some time.
- Influenza is always serious – each year in the United States, seasonal influenza results, on average, in an estimated 36,000 deaths and more than 200,000 hospitalizations from flu-related causes.
- It's important that people continue to take steps to protect their health and the health of their family.

## CT DEPARTMENT OF PUBLIC HEALTH SUMMARY

- 1581 confirmed cases in all 8 counties (over 100 towns).
- Age range less than 1 year to 79 with an average of 18. 51% male and 49% female.
- More than 37 have been reported as needing hospitalization and 7 have died.
- 8 confirmed cases reported within the CCHD (Berlin 2, Newington 1, Rocky Hill 2 and Wethersfield 3).

## YOUTH CAMPS

- The CDC and the CT DPH have sent out guidance materials to youth camps (<http://www.cdc.gov/h1n1flu/camp.htm>, [http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/camp\\_letter.pdf](http://www.ct.gov/ctfluwatch/lib/ctfluwatch/h1n1/camp_letter.pdf))
- Students, faculty, and staff who have flu-like illness should stay home for 7 days after symptoms have started or at least 24 hours after symptoms resolve, whichever is longer, seeking medical care if symptoms are severe.
- Students, faculty and staff who appear to have flu-like illness or become ill during the school day should be isolated promptly in a room separate from other students and sent home.

## PREVENTION

- **Everyone should take everyday steps to protect your health and lessen the spread of this new virus:**
- Cover your nose and mouth with a tissue when you cough or sneeze. 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 hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

### **For more information on swine flu:**

Central CT Health District [www.ccthd.org](http://www.ccthd.org)

Call 211

CT Flu Watch: [www.ct.gov/ctfluwatch/swineflu](http://www.ct.gov/ctfluwatch/swineflu)

CT Department of Public Health: [www.ct.gov/dph](http://www.ct.gov/dph)

• Centers for Disease Control and Prevention: [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu)