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INFLUENZA ADVISORY

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We are seeing influenza activity in our school systems. Most of this activity is H1N1 (Swine) Influenza. So far, H1N1 (Swine) Influenza is no more severe than Seasonal Influenza.

Recommendations:

1. Make sure you have a thermometer and know how to use it.
2. If the temperature is 100.6 or higher see your doctor right away. Our influenza treatments only work in the first two days of illness.
2. If you or a family member is ill, stay home until there is no fever for one day and severe symptoms have resolved.
3. Wash your hands frequently, especially after a cough or sneeze and before eating.
4. Cover your mouth if you cough or sneeze



Influenza Vaccine

Seasonal Influenza Vaccine is recommended for all students. Please contact your health care provider for further information.

H1N1 Influenza Vaccine is projected to be available October 15th. It is recommended for children and adults ages six months to twenty-five years, pregnant women, Health Care Workers in direct patient care and adults ages 25 to 65 with chronic health conditions.

It will be two shots thirty days apart.

Your Health Department is developing plans for H1N1 Influenza Vaccine distribution. We will provide information through your local schools as it becomes available.



Thank you for your patience. We will provide regular updates on the H1N1 Influenza.

Confirmed H1N1 Cases in San Patricio County: **24**