

New Release:

Tama County Novel Influenza (H1N1) Preparedness Plan

TCPH has been preparing for the H1N1 flu vaccination distribution. Our goals are:

- To provide timely and accurate awareness of the disease as it evolves in Tama County
- Provide information on interventions to slow the spread of the virus and reduce the impact of the illness on Tama Co residents.
- To vaccinate according to the CDC guidelines in a safe, effective manner
- Communicate and educate with a consistent message to everyone in Tama County.

What we know:

This is a novel virus (new) to our bodies.

So far this virus has been causing more mild illness than the regular season influenza, but has the potential to become more severe over time.

It has the potential to become better at spreading over time.

Pregnant women and young children are more susceptible to this flu virus than people over the age 55.

Tama County is expected to receive approximately 7000 doses of the H1N1 influenza vaccine. We have a population of 17,800 people.

The Center for Disease Control (CDC) has set guidelines for priority populations that will be eligible to receive the vaccine. Tama County Public Health will announce the dates and locations of H1N1 influenza vaccinations clinics in the newspapers within the next few weeks.

The CDC is not advising that your physician test every client that presents to their office with symptoms. Once the virus has been confirmed in your county testing is no longer necessary. We can assume that if you have symptoms you probably have the H1N1 virus.

Signs and Symptoms:

Are similar to regular seasonal influenza, cough, fever, sore throat, body aches, chills and may include diarrhea and vomiting.

If you think you have the flu you are asked to **stay home** from work, from school, grocery stores, malls, or any public events. You are considered contagious until you have not had a fever without the use of medication for 24 hours. Your doctor may or may not choose to treat you with medication since viral illnesses do not respond to antibiotics. Viral illnesses usually will run its course in 3-7 days. Wash your hands frequently and often. Use gel hand sanitizer with at least 60% alcohol content when water is not available.

Please watch the newspaper weekly for updated information or you may call 641-484-3026 (automated number) for updates.