

**For Immediate Release**  
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**For more information,**  
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## **Summit County Public Health Hosting Community Meeting and Panel Discussion on 2009 H1N1 Flu**

**Summit County, Colorado-** MEDIA RELEASE FROM THE SUMMIT COUNTY PUBLIC HEALTH DEPARTMENT

Summit County Public Health will host a bilingual (English/Spanish) community meeting and panel discussion to respond to community questions and concerns regarding 2009 H1N1 flu and provide further background and guidance on the flu. The community meeting will be held at the Community and Senior Center on Thursday, October 1, 2009 from 6-8 pm. The panel will include representatives from the Colorado Department of Public Health and Environment, Summit County Public Health Department, St. Anthony Summit Medical Center, and Summit School District.

As reported previously, it was presumed that 2009 H1N1 flu was present within the community, laboratory results have now confirmed several cases of 2009 H1N1 flu within Summit County. It is important to note that 2009 H1N1 flu is widespread across the state. Information from the Colorado Department of Public Health and Environment indicates that Summit County reports of flu-like symptoms and rates of school absenteeism are similar to those being reported across our region and the front-range. This is an evolving situation and the Summit County Public Health Department continues to work with the Colorado Department of Public Health and Environment to monitor 2009 H1N1 flu.

Currently the 2009 H1N1 flu presents no greater health risk than the typical seasonal flu. Due to similarities of 2009 H1N1 flu and seasonal flu in both severity and treatment methods, the specific flu virus does not dictate treatment; rather patient symptoms and the clinical judgment of the health care provider will indicate the specific treatment. Symptoms of 2009 H1N1 flu and seasonal flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. For more information please visit [www.flu.gov](http://www.flu.gov).

Summit County Government and Summit School District continue to strongly encourage compliance with the following Summit County Public Health recommendations:

- Stay home if you are sick for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medicines (any medicine that contains ibuprofen or acetaminophen).

- Seek medical attention if any of the following serious symptoms occurs: difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, seizures.
- Remember to cough and sneeze into your elbow and wash your hands often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available.
- Get the seasonal flu vaccine now and the 2009 H1N1 flu vaccine when available to you. Having had 2009 H1N1 flu does not prevent you from contracting the virus again, however the H1N1 vaccine may prevent or reduce the flu's severity should you come in contact with it in the future.
  - Seasonal flu shots are available within Summit County at various pharmacies and medical offices. Increased demand for seasonal flu shots from Summit County Public Health has exhausted their supply, but they will likely be replenished in the coming weeks.
  - It is thought that the first shipment of H1N1 flu shots will be available in mid October and will be reserved for the following higher-risk groups based on current recommendations from CDC. These are as follows, but may be subject to change based on supply:
    - Pregnant Women
    - People who live with or care for children younger than 6 months of age
    - Healthcare Workers with direct patient care
    - Persons between the ages of 6 months - 4 years
    - Persons 5 - 18 years with chronic health disorders or compromised immune systems.
- Be prepared in case you get sick and need to stay home. Have the following items on hand: a supply of fever-reducing medicines that contain acetaminophen or ibuprofen, alcohol-based hand cleaners, tissues, and other items that may be useful and help avoid the need to make trips out in public while you are sick.
- Learn about the flu and what you can do. To find out more about preparing for the flu, go to [www.flu.gov](http://www.flu.gov) or call 1-800-CDC-INFO (1-800-232-4636).

Should you have questions contact the Summit County Public Health at 970-668-9161.