

# Welcome to Disasterville

November 2009



**FLU & YOU:** Flu is a serious contagious disease. Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications. This flu season could be worse because there is a new and very different influenza virus causing illness called 2009 H1N1. CDC expects both 2009 H1N1 flu and seasonal flu to cause illness, hospital stays and deaths this season and is preparing for an early and possibly severe flu season.

**Take time to get a flu vaccine.** CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal influenza. Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Ask your doctor if you should get a 2009 H1N1 vaccine.

**Take everyday preventive actions.** 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. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people.

**Take flu antiviral drugs if your doctor recommends them.** If you get seasonal or 2009 H1N1 flu, antiviral drugs can treat the flu. Antiviral drugs are not sold over-the-counter and are different from antibiotics. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started within the first 2 days of symptoms. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever.

## SPOTLIGHT: **COLD WEATHER**

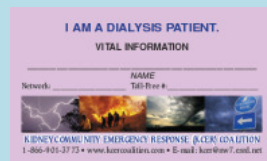
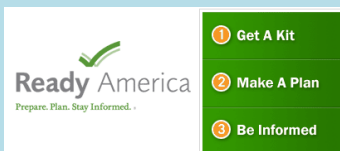
These websites can help you prepare for cold weather:

<http://www.fema.gov/hazard/winter/index.shtm>  
<http://www.nws.noaa.gov/om/winter/>  
<http://www.bt.cdc.gov/disasters/winter/>

## UPDATE: **H1N1 Resources**

New resources are posted to [www.KCERCoalition.com](http://www.KCERCoalition.com):

- New FDA recalls and alerts
- Preparedness information in multiple languages
- Vaccine information statements for H1N1 vaccines



KCER is a member of the National Preparedness Month Coalition.

For more information, visit [www.kcercoalition.com](http://www.kcercoalition.com), call 813-865-3267 or email [sburris@nw7.esrd.net](mailto:sburris@nw7.esrd.net).