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Swine (H1N1) Flu Update

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There are now 5,469 confirmed or probable cases in the USA. The average age is 27.5 years. Only 1% of the cases were over 65. Six deaths are attributed to the H1N1 virus. A small number have required hospitalization and most of these had other chronic medical conditions such as heart or lung disease, diabetes, obesity, and immunosuppression. Vomiting and fever were the two most common presenting symptoms of the flu. Call your healthcare provider if you suspect that you have the flu. Early treatment is important.

If you develop flu symptoms and begin coughing and sneezing, cover your mouth and nose. Be aware that flu virus is spread by aerosolized droplets that are inhaled by persons nearby. Wash your hands regularly when possible or use waterless hand sanitizer.

Public Health has recommended treatment with the antiviral agents, Tamiflu and Relenza for those persons with severe illness and those with chronic medical conditions. There are now two places where one can obtain these agents with prescriptions. Health Point, 403 E. Meeker St. Ste 200, Kent, WA 98030 call 1-253-852-2866 and North Public Health Center, 1050 Meridian Ave N., Seattle, WA, 98133 Call 1-206-296-4765 This is for pharmacy service only.