



**Public Health**  
Prevent. Promote. Protect.

Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

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## **SEASONAL & PANDEMIC H1N1 FLU** **Know What You Can Do To Protect Yourself**

**FREDERICK, MD --** As many of you have heard, this year's flu season is going to be different because we have two kinds of flu viruses circulating: seasonal flu and Pandemic H1N1 flu (formerly referred to as Swine Flu). The Pandemic H1N1 flu is a new influenza virus causing illness and spreading worldwide. We need to be prepared for both of them.

We do not know what kind of impact Pandemic H1N1 flu will have this fall and winter. It could remain at levels similar to what we saw this past spring and what has continued into the summer. It could also be less severe or it could get worse. Given ongoing Pandemic H1N1 flu activity this summer, in combination with circulating seasonal flu in the fall and winter, the Centers for Disease Control and Prevention (CDC) anticipates more flu cases, hospitalizations, and deaths.

As such, the Health Department is encouraging Frederick County residents to take the following actions in order to reduce your and your loved one's risk for illness. It's a responsibility we all share.

### Take time to get vaccinated

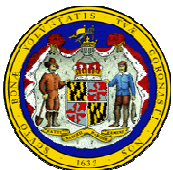
- **Flu vaccines are the most important step for protecting yourself and your loved ones against influenza**— vaccination can result in fewer doctor's visits, hospitalizations and deaths.
- We hope that people, especially those at high risk for serious complications and their close contacts, will start to go out and get seasonal flu vaccines in September or as soon as vaccine is available at their doctors' offices or in their communities.

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## Flu / Page 2

- It is not too early to get a flu vaccine. The protection you get from the vaccine will not wear off before the flu season is over.
- The seasonal flu vaccine is not expected to protect against the Pandemic H1N1 flu.
- A new vaccine against Pandemic H1N1 is being produced and is expected to be available in the fall.
- At this time, the Health Department is offering regular seasonal flu vaccine. Visit the Health Department's Seasonal Flu Vaccination Clinic page [www.co.frederick.md.us/fluclinics](http://www.co.frederick.md.us/fluclinics) for details.

### Take everyday preventive actions

- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you become sick with flu-like illness and you are otherwise a healthy person who does not work with high-risk persons, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care. (Your fever should be gone without the use of a fever-reducing medicine).
- While sick, limit contact with others to keep from infecting them.

### Stay informed/Be prepared

- The Health Department will provide new information as it becomes available via our website ([www.co.frederick.md.us/flu](http://www.co.frederick.md.us/flu)), local media outlets, and community partners who have agreed to help distribute announcements about flu.
- Information is also available on the Health Department's Flu Information Line (English/Spanish): 301-600-3035.
- Sign up to receive Health Department announcements by email: [www.co.frederick.md.us/Enews](http://www.co.frederick.md.us/Enews).
- Tune in to the local television channels (such as Channel 19, Channel 18, Channel 99).
- Visit the U.S. Department of Health and Human Service's Flu Website: [www.flu.gov](http://www.flu.gov)
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

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## Flu / Page 3

- Be prepared in advance, in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand rubs, tissues and other related items could be useful and help avoid the need to make trips out in public while you are sick and contagious.
- Learn about H1N1 Flu Guidance: Many sectors of the community from healthcare to schools to employers as well persons with specific health conditions can find recommendations about planning and responding to the flu at: [www.cdc.gov/h1n1flu/guidance/](http://www.cdc.gov/h1n1flu/guidance/).

The Health Department is closely monitoring the seasonal/Pandemic H1N1 flu situation by conducting enhanced surveillance activities and by communicating regularly with community partners, State Health Officials, and regional partners. Additionally, the Frederick County Board of County Commissioners and County Emergency Officials are regularly updated regarding the status of the situation and any actions being taken. Frederick County residents can assist the Health Department in its flu planning and response efforts by taking our anonymous flu poll: [www.co.frederick.md.us/flupoll](http://www.co.frederick.md.us/flupoll).

While the Health Department will continue to provide the community with the latest information available to us, we want to remind everyone of what the CDC has been saying for some time now- that this continues to be a rapidly evolving situation with much uncertainty. Outbreaks of infectious diseases are extremely unpredictable. As time goes by, what we say about this and what we learn will change.

In summary, the Health Department reminds everyone to take time to prepare for this flu season by getting vaccinated, practicing good hygiene, staying home if you are sick and by staying informed. It's a responsibility we all share.

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