



North Central District Health Department

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Important Health Alert:

North Central District Health Department

Contact: Peggy Hart, Disease Surveillance Coordinator, peggy@ncdhd.ne.gov or Concey Ramold, Emergency Response Coordinator, concey@ncdhd.ne.gov, 402-336-2406

To: Parents

Memo: New H1N1 Information

During this time when several people are becoming ill, it is important to remember not to go to your local emergency departments for influenza symptoms unless it is an actual emergency. It does not take many patients in our local emergency departments to overwhelm them and use valuable resources. If you are suffering from mild or moderate symptoms, such as fever, cough and sore throat, contact your local health care provider to determine if you need further medical attention or anti-virals. If you are having severe symptoms, such as difficulty breathing you should seek medical attention right away or call 911. By contacting your local health care provider, you may save yourself a costly trip to the emergency department.

2009 H1N1 influenza virus was first identified in the United States in late April 2009. The virus has caused illness ranging from mild to severe, including hospitalizations and deaths in adults and children. Many children have gotten 2009 H1N1 infection and there have been outbreaks in some schools throughout our district. We are also seeing an increase in the number of people hospitalized due to complications from H1N1 virus. The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices has recommended that children and young adults aged 6 months through 24 years be vaccinated against 2009 H1N1 as soon as the vaccine is available. Other groups recommended to get the first available doses of the vaccine include:

- Pregnant women
- People who live with or care for children younger than 6 months of age
- Health care and emergency medical services workers, and
- People ages 25 through 64 years who have certain health conditions such as HIV, diabetes, or heart or lung disease.

Please call our office at 877-336-2406 or your health care provider if you have any questions.

Thanks,

Peggy Hart RN, BSN
Disease Surveillance Coordinator