

The Flu Page

Updated 7/1/09

The latest UPDATE in Cordova, AK...

From the City	From the Health Care Professionals
<ul style="list-style-type: none"> • Stay informed. <u>This</u> website will be updated regularly as information becomes available • Listen to the radio and watch the scanner • Educate yourselves at the websites listed below...they are RELIABLE. Ignore media "theories". • Prepare an emergency plan for your family <p style="text-align: center; color: red;">**There are currently NO reported cases of H1N1 Flu in Cordova**</p> <p style="text-align: center; color: blue;">...and 110 reported cases in Alaska- see table below...</p> <ul style="list-style-type: none"> • ...and 21,449 reported cases now in the US , in all states (updated each Friday) • ...and 77,201 cases in at least 94 countries around the world (update 7/1) 	<ul style="list-style-type: none"> • <u>The flu HOTLINES have been discontinued until , and if, Cordova needs them again</u> • Please do not come immediately to the hospital • STAY at HOME ... CALL FIRST ! • WASH HANDS! WASH HANDS! WASH HANDS! • Yes, you may eat pork. This outbreak has NOTHING to do with eating pork!

2009 Alaska Laboratory Confirmed H1N1 Cases (Swine Flu)

Region	Cases	Deaths
Anchorage/Mat-Su	80	0
Gulf Coast	2	0
Interior	13	0
Northern	2	0
Southeast	13	0
Southwest	0	0
Statewide	110	0

**updated July 1, 2009 at 1:45 PM*

A Pandemic Is Declared

On June 11, 2009, the [World Health Organization](#) (WHO) raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of the novel influenza A (H1N1) virus. A Phase 6 designation indicates that a global pandemic is underway.

More than 70 countries are now reporting cases of human infection with novel H1N1 flu. This number has been increasing over the past few weeks, but many of the cases reportedly had links to travel or were localized outbreaks without community spread. The WHO designation of a pandemic alert Phase 6 reflects the fact that there are now ongoing community level outbreaks in multiple parts of world.

WHO's decision to raise the pandemic alert level to Phase 6 is a reflection of the spread of the virus, not the severity of illness caused by the virus. It's uncertain at this time how serious or severe this novel H1N1 pandemic will be in terms of how many people infected will develop serious complications or die from novel H1N1 infection. Experience with this virus so far is limited and influenza is unpredictable. However, because novel H1N1 is a new virus, many people may have little or no immunity against it, and illness may be more severe and widespread as a result. In addition, currently there is no vaccine to protect against novel H1N1 virus.

QUESTIONS & ANSWERS

N1H1 Influenza and You

What is H1N1 (swine) flu?

Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Is this H1N1 flu virus contagious?

CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it is not known how easily the virus spreads between people.

What are the signs and symptoms of H1N1 (swine) flu in people?

The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does H1N1 (swine) flu spread?

Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else?

Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Are there medicines to treat H1N1 flu?

Yes.

How long can an infected person spread H1N1 (swine) flu to others?

People with swine influenza virus infection should be considered potentially contagious as long as they are symptomatic and possible for up to 7 days following illness onset. Children, especially younger children, might potentially be contagious for longer periods.

How long can viruses live outside the body?

We know that some viruses and bacteria can live 2 hours or longer on surfaces like cafeteria tables, doorknobs, and desks. Frequent handwashing will help you reduce the chance of getting contamination from these common surfaces.

WEBSITES to Check out...	Do This week....
<ul style="list-style-type: none"> • www.cdc.gov/swineflu (for US information) • www.who.int (for global information) • http://www.pandemicflu.gov/plan/individual/checkedlist.html (for family emergency planning information) • www.pandemicflu.alaska.gov (for State of AK information) 	<ul style="list-style-type: none"> • Educate yourself • Train yourself to check this site • Tell a friend about this site • Get the FACTS....don't repeat flu "rumors"

***The following table is now updated every Friday....

Table. U.S. Human Cases of H1N1 Flu Infection

Web page updated June 19, 2009,

11:00 AM ET (*Updated each Friday*)

Data reported to CDC by June 18, 2009, 11:00 AM ET

States and Territories*	<u>Confirmed and Probable Cases</u>	Deaths
STATES		
Alabama	172	
Alaska	23	
Arkansas	18	
Arizona	645	7
California	1245	8
Colorado	103	
Connecticut	767	3
Delaware	223	
Florida	562	1
Georgia	51	
Hawaii	279	
Idaho	47	
Illinois	2526	8
Indiana	223	
Iowa	92	
Kansas	97	
Kentucky	108	
Louisiana	134	
Maine	42	
Maryland	263	
Massachusetts	1270	1
Michigan	442	2
Minnesota	365	1
Mississippi	81	
Missouri	46	1
Montana	44	

Nebraska	81	
Nevada	198	
New Hampshire	187	
New Jersey	603	2
New Mexico	155	
New York	1300	24
North Carolina	125	
North Dakota	41	
Ohio	63	
Oklahoma	112	1
Oregon	219	1
Pennsylvania	942	3
Rhode Island	94	1
South Carolina	83	
South Dakota	17	
Tennessee	121	
Texas	2519	10
Utah	755	8
Vermont	43	
Virginia	135	1
Washington	588	3
Washington, D.C.	33	
West Virginia	77	
Wisconsin	3008	1
Wyoming	63	
TERRITORIES		
Puerto Rico	18	
Virgin Islands	1	
TOTAL*(53)	21,449 cases	87 deaths