

INFLUENZA

Although our community deals with influenza each year, it is still a disease that causes on average 226,000 hospitalizations, 36,000 deaths and 63,000 deaths when combined with pneumonia, in the United States. Influenza viruses are continually changing and can become a novel virus. Because of this threat we as a community, including government, industry, faith-based organizations and volunteer organizations will have to meet a possible outbreak as a team. The Johnson County Community Health Services is actively preparing plans with numerous organizations in the case of an outbreak.

If you would like more information or if you need a speaker for your organization please contact us at the Johnson County Community Health Services at 747-6121.



...sending health your way

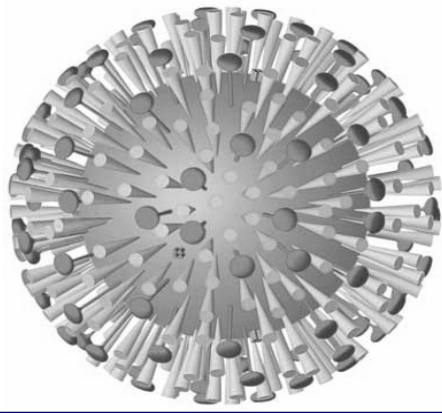
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Johnson County Community
Health Services

INFLUENZA



Johnson County Community Health Services

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Seasonal, Avian and Pandemic Influenza



Man Receiving Influenza Vaccination

As we have seen over the last few months, influenza or flu comes in more than one type. This brochure is designed to provide you with information on seasonal, avian and pandemic influenzas.

Seasonal influenza is a contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness, and at times can lead to death. The best way to prevent this illness is by getting a flu vaccination and frequent hand washing. Seasonal influenza generally comes in January and February.

Symptoms of seasonal influenza include: fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Seasonal influenza usually does not include vomiting and diarrhea in adults, although it is not uncommon in children

Avian Influenza (H5N1)

Avian Influenza is an infection caused by a bird flu virus. This influenza occurs naturally among birds. Wild birds carry the virus



Live market in Asia

in their intestines, but usually do not get sick. Human infection is very rare. Proper cooking of the poultry (165F)

kills the virus. Human to human transmission is very rare and has not continued beyond one person. The risk of avian influenza becoming a human disease is unknown at this time.

Pandemic Influenza

Pandemic influenza is a novel or new flu virus. Humans have little pre-existing immunity to a novel virus. Pandemics have happened on average 3 times in each century. Symptoms of a novel virus are usually more severe and tend to affect healthy people between the ages of 20 and 60 the hardest. A pandemic will cause major societal and economic impact. Our health care system could easily be overwhelmed by a pan-

demic. Because there has been some human infections from H5N1, the World Health



Army hospital circa 1918, Camp Funston, Kansas during Spanish Influenza outbreak

Organization, The Centers for Disease Control and Prevention, the Missouri

Department of Health and Senior Services, your local health de-

partment and numerous other government and private organizations are educating the public, and developing emergency response plans in the event of an outbreak of a novel virus. Because of the limited supply of vaccine and antiviral medications, stopping the spread of a novel virus can include steps such as staying home and avoiding large crowds.

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