



NOVEL INFLUENZA A (H1N1)

A MONTHLY PUBLICATION TO ARM AIRMEN WITH TOOLS TO MORE EFFECTIVELY DELIVER THE AIR FORCE MESSAGE
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Personalize and localize these talking points as you speak to your audiences about the Air Force.
Link your message to big Air Force themes, but make it personal to you and relevant to your local audience.

THE MISSION OF THE UNITED STATES AIR FORCE IS TO FLY, FIGHT AND WIN...IN AIR, SPACE AND CYBERSPACE

INFLUENZA FACTS

- H1N1 influenza virus is a new strain of influenza virus, first recognized in April 2009.
- People may be contagious from 1 day before they develop symptoms to up to 7 days after they get sick
- Most people who have been infected have recovered without needing medical treatment

NOVEL INFLUENZA A (H1N1) RESOURCES

- CDC H1N1 Website <http://www.cdc.gov/h1n1flu/>
- U.S. Department of Health and Human Services website for flu <http://www.flu.gov/>
- DoD website <http://fhp.osd.mil/aiWatchboard/>
- AF website: <http://www.af.mil/h1n1/index.asp>

PREVENTION

- Immunization with the H1N1 vaccine is the most effective method of preventing or limiting the illness.
- The H1N1 vaccination is projected to be available at all CONUS / OCONUS military treatment facilities (MTF) by November.
- Vaccination will be mandatory for uniformed personnel and highly encouraged for all others. Vaccine will be available for DoD civilians.
- Vaccine will be available for family members and retirees at their MTF or their network provider.

STANDARD PRECAUTIONS

- Cover your nose and mouth when you cough or sneeze; sneezing into your elbow / sleeve is most effective
- Wash your hands often with soap and water; alcohol-based hand cleaners are also effective
- Avoid touching your eyes, nose or mouth; germs spread that way
- Stay home if you get sick



CDC/James Gathany

If you get sick with flu-like symptoms this flu season, you should practice social distancing and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

However, some people are more likely to get flu complications and they should talk to a health care provider about whether they need to be examined if they get flu symptoms this season. - Centers for Disease Control & Prevention

Quick Facts

Two strains of flu, seasonal influenza and the H1N1 influenza, are currently circulating in the United States.

In a typical year, approximately 5 to 20% of the population gets the seasonal flu.

Key vaccine target populations: Pregnant women; household contact of infants < 6 mos old; people between the ages of 6 mos to 24 yrs old; people 25 to 64 yrs old who are "high risk" because of chronic health disorders (ex. asthma or diabetes), or have compromised immune systems.

Antiviral medications should be used in those people with more severe illness, such as people hospitalized with influenza, and people at increased risk of influenza-related complications.