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Health Advisory 3/3/2010

Benton-Franklin Health District H1N1 Status Update

So, where are we at with H1N1 (swine flu)? Good question. Here are a few answers.

H1N1 is still out there, it is going around, and vaccine is widely available and effective.

- Nationally influenza-like illness is being seen in about the same number of cases we'd see in a typical flu season for this time of year.
- Nearly all of the influenza viruses circulating right now are the H1N1 pandemic strain. The CDC (Centers for Disease Control and Prevention) is not seeing much seasonal flu.

Testing for H1N1 remains the same: only pregnant women, the hospitalized, or those who've died.

- During the week of February 14 in Washington, five people were hospitalized in Washington with confirmed H1N1. No one with identified H1N1 in Washington has died in six weeks.
- Between September 19, 2009, and February 20, 2010, the Washington State Department of Health received reports of 1394 hospitalized Washingtonians and 76 deaths.

*For next year, the CDC recommends that **EVERYONE** 6 months and older receive a flu vaccine. The 2010 influenza vaccine will have three different vaccine viruses:*

- A/California/7/2009 (H1N1)-like virus
- A/Perth/16/2009 (H3N2)-like virus
- B/Birsbane/60/2008-like virus

The H1N1 virus is the pandemic 2009 H1N1 virus and is the same virus used in the 2009 H1N1 vaccine.

The Bottom Line: Be aware. Know that H1N1 pandemic flu is still in the community. Know that vaccination is very effective and widely available.

Thank you for your interest and for sharing our message.