



Public Health
Prevent. Promote. Protect.

FRANKLIN COUNTY HEALTH OUTLOOK

Franklin County Public Health Department

7:00 AM to 4:30 PM – Monday – Friday
Open Late on Wednesday –6:15 PM

2009 Community Health Screenings

Health Screening Clinics Lipids, Blood Glucose & PSA –

7:00 AM – 9:00 AM on
Monday, July 27
Monday, October 26

Blood Pressure & Weight Checks – Walk-ins Welcome

2009 H1N1 Flu

As of April 30, 2009 only 2 cases in Kansas have been confirmed. KDHE and local health providers have done a significant amount of testing with it being negative; or when positive, for seasonal influenza.

The CDC and public health workforce are actively watching for the disease and prepositioning supplies in case this virus begins to spread rapidly or cause serious and significant disease. US cases have so far been relatively mild.

If you have questions or want more information contact us at 229-3530.

The New Flu - H1N1

The Flu – It goes around every year, so why the big deal?

There are three types of influenza viruses: A, B, and C. Type C is thought to cause very mild disease so not a concern. Type B is not sub typed but there are different strains. Type A has two different sub types that currently circulate throughout the world and effect humans (H1N1 and H3N2). The sub types are genetically typed to determine differences between strains. They cause seasonal influenza that we see every year. Vaccination helps reduce the incidence of seasonal influenza in the population.

Influenza viruses are found in birds and mammals. These viruses change constantly. The viruses can change within themselves or they can mix with another strain of virus. For example, bird influenza can mix with a swine influenza strain. Swine Viruses can jump to humans and back to swine. Health officials and researches watch these shifts closely for new strains to which humans have no natural immunity.

Natural immunity is developed over time by humans being exposed to a disease organism and the body developing an immune response. When no natural immunity is present in the population, the risk for a pandemic (world-wide spread of a specific disease) can occur. The New Flu – H1N12009 has a different gene sequence not seen in the human population before; therefore it can spread throughout the world. This strain of flu is too new to know exactly how it will act. It may spread rapidly, it may temporarily die out, it may cause a lot of serious illness or it may stay mild. Often, novel (new) viruses affect people in their middle years more significantly than the young and old. **It is not yet known how this strain will act.**

Public health is watching it closely so we can respond appropriately. It is important to find and investigate potential cases of this disease in order to: 1. Limit its spread; 2. reduce disease incidence; and 3. learn how to better treat those who become infected. **See the back for ways to prevent the flu.**

Visioning Wellness

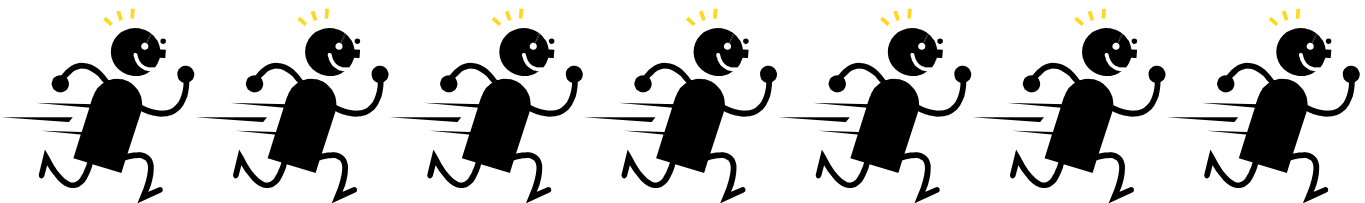
WELCOA has identified Seven Benchmarks for Effective Work Site Wellness Programs. Take a 15 minute quiz (free) to see how your workplace is doing at <http://www.welcoa.org/wwwpchecklist/>

WELCOA's Seven Benchmarks of results-oriented workplace wellness programs include:

1. Capturing CEO Support
2. Creating Cohesive Wellness Teams
3. Collecting Data To Drive Health Efforts
4. Carefully Crafting An Operating Plan
5. Choosing Appropriate Interventions
6. Creating A Supportive Environment
7. Carefully Evaluating Outcomes

Well Planned Wellness Programs result in significant cost savings in health insurance and employee productivity.

HEALTH FACT: Moderate, regular exercise improves your immunity by increasing white cell production and circulation. Ninety minutes or more of intense exercise may increase susceptibility to disease for up to 72 hours. Exercise is a good thing – just don't overdo it!



Everything I need to know I learned in Kindergarten! Practice good hygiene.

Preventing the New Flu H1N1 2009

- Wash your hands frequently. Use soap and water for 20 seconds or an alcohol-based hand sanitizer.
- Cover your sneeze or cough with your sleeve or a tissue. Then wash your hands!
- Avoid close contact with someone who is sick - at least 3 feet; 6 feet when they have influenza.
- Stay home when you are sick. You should be symptom free for at least 24 hours before returning to work.
- Avoid touching your eyes, nose or mouth since viruses can live on surfaces for 2 hours or more.

Q & A about H1N1 2009

1. Do antivirals prevent the flu? Antivirals such as Relenza and Tamiflu are treatments that lessen the severity of influenza symptoms. They are not a cure and must be taken within 48 hours of getting the flu to be effective. Their use for prophylaxis is only indicated for certain high risk populations and situations.

2. Should I wear a mask? Health care workers or others in close contact with an ill person follow infection control procedures that include surgical masks or N-95 respirators. The research does NOT clearly support the use of masks among the general population, such as when shopping. They may offer some protection, but there is no guarantee. If you choose to wear one, it should not be reused once it is removed and you must wash your hands after handling it.