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Dear Community and Faith Leaders,

The Miami-Dade County Health Department recognizes that many residents are concerned about their own health and the well-being of their families and communities as we confront novel H1N1 influenza outbreak. We share that concern. Our goal is to reduce the spread and severity of illness.

It is important that all Miami-Dade County residents have access to accurate, up-to-date information about H1N1 flu, what to do to stay healthy, and what to do if they are feeling ill. Because you're a trusted source of information in your community, we want to work with you get this information out as widely as possible. By providing your communities with accurate information, you can address fears, reduce anxiety, and help keep people healthy.

The key messages we need to convey are straightforward:

- If you develop a fever and cough, call your doctor for advice, and stay home from work or school until you have felt completely well for 24 hours or you receive a different recommendation from your doctor.
- If you have a fever with a cough or sore throat, and your age or medical condition places you at risk of complications from flu, call your doctor to get a prescription for antiviral medicine (the attached fact sheet explains who may be at increased risk). You do not need to be tested for flu, or seek treatment at a hospital, unless you are severely ill.
- Whatever your age or health condition, go to a hospital immediately if a flu-like illness becomes so severe that you have trouble breathing.
- Remember to wash your hands frequently, and always cover your nose and mouth when you sneeze.

In addition to the attached fact sheet, the Health Department has amassed a wealth of educational materials, including posters and other handouts in English, Spanish and Creole. All are available for download and printing on the Miami-Dade County Health Department website located at www.dadehealth.org. For additional information please contact the Miami-Dade County Health Department Office of Communications at 786-336-1276.

Miami-Dade County Health Department is taking action to cope with this outbreak, but we cannot confront the problem alone. All Miami-Dade County residents have a responsibility to do their part. Collectively, we can mitigate the consequences. Thank you for being part of that effort.

Sincerely,

Lillian Rivera

Lillian Rivera, RN, MSN, PhD
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Worried about H1N1 SWINE FLU?

What you should do.

IF YOU ARE	AND IF YOU HAVE	YOU SHOULD
Not at High Risk	Fever (100.4) plus cough or sore throat	<u>Stay home</u> and call your doctor.
* High Risk	Fever (100.4) plus cough or sore throat	<u>Call your doctor</u> to discuss whether you need medicine for flu.
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	<u>Get to a hospital</u> right away. If you call 911, say you may have severe influenza.

* PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:

Babies under 2 | Seniors | Pregnant women | People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys | People with weakened immune systems | People under 18 on long-term aspirin therapy

DO YOU HAVE A FEVER? A reading of 100.4 or higher is a fever.

H1N1 Flu: What You Need to Know

What is H1N1 flu?

H1N1 flu (“swine flu”) is caused by a virus similar to regular (seasonal) flu. The illness can cause fever, cough, sore throat, tiredness, aches, chills and stuffy nose. H1N1 flu spreads when a sick person coughs or sneezes. You can also get infected by touching something with flu viruses on it and then touching your own mouth or nose.

How can I protect myself and others from H1N1 flu?

- Don’t get too close to people who are sick. If you get sick yourself, avoid close contact with other people.
- Cover your nose and mouth when you sneeze. And wash your hands often with soap and water or an alcohol-based hand cleaner.

What should I do if I develop flu-like symptoms, such as fever and cough?

- Stay home from school or work until 24 hours after your symptoms go away.
- If you are over 65, under 2 or pregnant – or you have asthma or other health problems – call your doctor to see if you need medicine. Your doctor may be able to give you a prescription over the phone.
- You *don’t* need to go to an emergency room unless you have severe symptoms, such as breathing problems.

When do I need medicine for the flu?

- Most people recover without medication, but some people are more likely to get severely ill with the flu. Those at risk include everyone over 65, under 2 or pregnant, and anyone with other long-term health problems, such as asthma or diabetes.
- If you belong to one of these groups and you come down with symptoms of flu, call your health care provider right away to get a prescription.

Should I send my children to school?

- If your child is sick, he or she should stay home until 1 day after symptoms go away. Healthy children do not need to miss school unless classes are canceled.

For more information: Visit www.dadehealth.org



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