



**School Age Children's (SAC)
2009-2010 H1N1 Program**

Iroquois Point	25 NOV	0700-1100
Solomon Elementary	01 DEC	0945-1300
Pearl Harbor Kai	02 DEC	0830-1300
Barbers Point	03 DEC	0800-1200
Navy Hale Keiki	10 DEC	0830-1030
Shafter Elementary	14 DEC	0800-1100
Wheeler Elementary	14 DEC	0830-1230
Hickam Elementary	15 DEC	0800-1200
Wheeler Middle	16 DEC	0830-1130



Please visit www.CDC.gov for more information on H1N1 virus and vaccines, adapted from CDC material

Exchange Vaccinations: 0900-1400	
DATES	LOCATION
12 Dec 09	Schofield PX
13 Dec 09	NEX, PH

Beneficiary Locations
Kaneohe Bay Clinic: M, T, W, & F: 0730-1130, 1300-1530 Th: 0730-1130, 1300-1400
Makalapa Clinic: M-F: 0730-1700; 1 st Sat of each month: 0800-1600
Navy Headquarters Clinic (Bldg 1750): M-F: 0730-1600
Tripler Army Medical Center Adult Immunization Clinic C wing, 4th Flr, Tel. 433-2778, ext 5, 3 Tue: 1300-1500, Wed & Fri: 0900-1130 Family Medicine Clinic D Wing, 1st Flr, Tel. 433-3304 Mon-Thu: 0800-1900; Fri: 0800-1600 Pediatric Clinic F wing, 4th Flr, Tel. 433-6234 Mon – Fri: 0800-1600; Sat: by appt
Schofield Barracks Health Clinic Troop Immunization Clinic Bldg 679, Tel. 433-8800 M, Tu, F: 0630-1130; 1300-1500 W: 1300-1500 Th: 0630-1000; 1300-1500 Family Practice Bldg 682, 1st Flr, Tel: 433-8145 M, W: 0730-1130 1300-1500 Tu & Th: 730-1130, 1300-1400 F: 0900-1130, 1300-1500 Pediatrics Clinic Bldg 680, 1st Flr, Tel: 433-8176 M - F: 0800-1100, 1300-1500 Except Tu: 0900-01100, 1300-1500
Fort Shafter Aid Station (active duty only) Bldg 503A, Rm 102, Wisser Rd., Tel. 438-3455 M-W: 1300-1600; F: 1300-1600
Air Force Clinic: M,T,Th,F: 0800-1130

Joint Public Health Emergency Working Group

2009-2010

H1N1

Priority Groups as of 4 Dec 09

- Pregnant women
- Persons who live with or provide care for infants under 6 months of age, including parents, siblings and daycare providers
- Health Care and Emergency Medical Service personnel
- First Responders
- Persons younger than 65 yrs. old with certain medical conditions. Check with your doctor. *
- Persons 6 mo. – 24 yrs. old (non-military members) **

* Non-essential civilian workers should seek vaccinations from their healthcare providers.

** Military members not in above categories will be vaccinated through their command programs.

Oahu Joint Services

Flu Hotline

433-1FLU



What Is novel H1N1 influenza?

The H1N1 virus is a novel (new) influenza virus strain causing contagious illness in people, first detected in people in the United States in April 2009. H1N1 was called “swine flu” at first because it was thought genetically similar to flu viruses normally occurring in pigs. (It actually contains genes from viruses that circulate in birds and humans as well.)

How dangerous is it?

In the United States, most people who have become ill with the H1N1 virus have recovered without requiring medical treatment. A majority of those hospitalized have had one or more medical conditions that increase risk for complications, including pregnancy, diabetes, heart disease, asthma, kidney disease and immunosuppression.

The Centers for Disease Control and Prevention (CDC) expects H1N1 to continue for some time. The virus could cause significant illness with associated hospitalizations and deaths in the fall and winter 2009, during U.S. influenza season.

How is H1N1 transmitted?

Both seasonal and H1N1 viruses spread mainly by people with the flu coughing or sneezing. People may also sometimes become infected by touching something with flu viruses on it and then touching their mouth or nose.

People infected with seasonal flu can pass it on before they feel sick and even if they never develop flu symptoms. Adults may be contagious for as long as a week after they get sick. Children may be contagious for longer periods. Current information on H1N1 indicates similar experience.

How can I protect myself and my loved ones?

Vaccination- Vaccines effective against the H1N1 flu virus are in production. All military personnel will be vaccinated, and the vaccine will be available to all military family members who want it.

Good Health Practices- Standard preventive measures help avoid all varieties of the flu:

- Healthy people are more resistant to contagious diseases, so get adequate sleep, eat nutritious food, and keep physically active.
- Frequently wash your hands with soap and water or use an alcohol-based hand cleaner. Rub your hands thoroughly; don't just get them wet.
- Limit unnecessary exposure to people with coughs and fevers.
- No matter where you are, and especially if you are traveling, stay informed of the regional situation and recommended precautions.

What are the H1N1 symptoms and danger signs?

The symptoms of seasonal and H1N1 flu viruses are similar- fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some also have diarrhea and vomiting.

Seek medical care promptly at any of the following warning signs:

- In children, fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, or flu-like symptoms improve but then return with fever and worse cough.
- In adults, difficulty breathing or shortness of breath pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe, or persistent vomiting, or flu-like symptoms improve but then return with fever and worse cough.

How is H1N1 related to seasonal or pandemic flu?

- **Seasonal flu** strikes every “flu season,” infecting 5%-20% of the U.S. population. CDC recommends a yearly seasonal flu vaccine, which protects against the three seasonal viruses that research suggests will be most common. The 2009-2010 seasonal vaccine will not protect against novel H1N1.

- **Pandemic flu** is a global epidemic, occurring when a new virus strain emerges. People have no residual immunity, and it takes time to develop and test effective vaccines. In June 2009 the World Health Organization (WHO) raised the global pandemic alert level to Phase 6, indicating that a global pandemic is under way. This designation reflects the spread of the H1N1 virus, not the severity of the illness it causes.

What if we get H1N1 anyway?

If you are sick, take the following measures:

- Carefully dispose of used tissues, disinfect your hands frequently, and use germicidal cleaners on appropriate surfaces.
- Consider wearing a facemask to help prevent spreading the illness to others in your household.
- Remain at home until at least 24 hours after you are free of fever or signs of a fever without the use of fever-reducing medications.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- If you or a family member has a severe illness or is at high risk for flu complications, contact your healthcare provider or seek medical care to learn whether flu testing or treatment is needed.
- Prescription medications that suppress reproduction of viruses in the body are available, but must be given within a certain time after exposure to the H1N1 virus.

