

Script for Dr. Trochet's August 12, 2009 H1N1 Video Update

Hello, this is Dr. Glennah Trochet, Sacramento County Public Health Officer, with an update about the flu season.

As you've probably heard, the new H1N1 flu has been circulating in the Sacramento area this summer.

Unlike most years, this summer we saw a second flu season due to this new virus.

We are now preparing for the fall flu season, which is already starting.

That makes getting flu vaccinations this year very important.

The seasonal flu vaccines were already in production when the new H1N1 flu broke out.

A vaccine against the H1N1 flu is now in production and will be available later this year.

This means that we all will need to get separate vaccinations for seasonal flu and the H1N1 flu.

It would be best for you and your family to get your seasonal flu shots as soon as they are available from your health care provider.

The seasonal flu vaccine will be available as early as this month or in September.

The vaccine for the H1N1 virus is being tested right now and could be available anytime between October and January.

It will probably require two shots given several weeks apart to provide adequate protection.

Initially there may be limited supplies, and high-risk groups may be vaccinated first.

If you are a parent with school-age children, here is an update for you: It is likely that when children go back to school, we'll see an increase in flu cases spreading from child to child.

There is new federal guidance for schools that provides a range of response options for school administrators and local health officials.

We will need to balance the risk of flu cases in the community against the disruption that school dismissals can cause in both the educational field and in the Sacramento community.

You can view this guidance on the flu.gov web site.

We are all hoping that the fall flu season will be mild. But, if flu begins spreading to large numbers of people, you need to be prepared.

It will be important to have plans in place for what you will do if your child's school is dismissed for a few days or even for more than a week.

Also think about what will happen if family members get sick and have to stay home.

In the meantime, there are some things we can all do that REALLY DO work to help stop the spread of the flu:

-Wash your hands frequently with soap and warm water, or use hand sanitizer.

-If you have to cough or sneeze, do it into a tissue, or use your sleeve.

-Stay away from others who are coughing or sneezing.

-If you are sick with a fever, stay home from work.

-If your child is sick with a fever, keep them home from school. Do not return to work or school until you are well and have not had a fever for at least 24 hours.

Sacramento County Public Health has resources on our web site for you and your family.

On our home page, you can also sign up to receive our Twitter updates to notify you of new developments.

I'll have more updates for you as additional information about the flu season becomes available.

I encourage you to share the link to this video with family, friends, and colleagues so they can stay current on the H1N1 flu situation.

Thanks for watching, and be well!