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FOR IMMEDIATE RELEASE

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## **INDIANA ADULT IMMUNIZATION COALITION FACTS & TIPS ABOUT H1N1 FLU**

INDIANAPOLIS –The Indiana Adult Immunization Coalition wants Hoosiers to be aware of H1N1 and provide some tips on how to protect yourself.

As of Thursday, August 13, the Indiana State Department of Health reported a total of 314 confirmed cases of the pandemic H1N1 in the state. There have been four deaths associated with the pandemic H1N1 influenza in Indiana since April 20, 2009. To access the most up-to-date information about the number of cases in Indiana, visit <http://www.flu.gov/wherelive/index.html>.

### *What can I do to protect myself from getting sick?*

Currently, there is no vaccine available right now to protect against H1N1 (swine) flu although there is research and clinical trials underway to prepare a vaccine. However, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- [Wash your hands often with soap and water](#), especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Get a vaccine when it becomes available.

If you get sick with influenza, Centers for Disease Control (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

### *Who is at risk for contracting H1N1?*

During a presentation to members of the IAIC, Dr. Virginia Caine of the Marion County Health Department reported that as of June 23, 2009, Marion County had 102 reported cases of H1N1. Caine reported the cases were equally affecting males and females. Eighty-six of the cases were found in infants, children and teens ages 0 –17; 15 cases were found in adults ages 18-64 with most occurring adults in the 20s and 30s and 1 case was reported in an adult over age 65. A number of these cases may be attributed to not having immunity built-up in ones body to combat the disease. Based on that trend, the CDC at that time was recommending a limited vaccine availability setting.

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*Who is at risk for contracting H1N1?*

- Pregnant women
- Health care workers and emergency medical responders
- People caring for infants under 6 months of age
- Children and young adults from 6 months to 24 years
- People aged 25 to 64 years with underlying medical conditions (e.g. asthma, diabetes)
- Combined, these groups would equal approximately 159 million individuals.

*Where will the vaccine be available?*

Every state is developing a vaccine delivery plan. Vaccine will be available in a combination of settings such as vaccination clinics organized by local health departments, healthcare provider offices, schools, and other private settings, such as pharmacies and workplaces.

*Additional Resources*

A variety of resources promoting immunization can be found at [www.immunizeadults.org](http://www.immunizeadults.org) or [www.flu.gov](http://www.flu.gov).

The Indiana Adult Immunization Coalition is a voluntary group of health and older adult focused organizations dedicated to eradicating vaccine preventable deaths and disease among adults. The Coalition promotes education and outreach activities to increase awareness of and participation in adult immunizations.