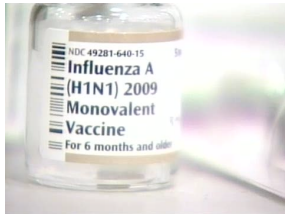


Three actions to fight the flu

From the CDC (Centers for Disease Control)

1 Get vaccinated for both the seasonal flu and H₁N₁ flu



2 Use everyday preventative measures

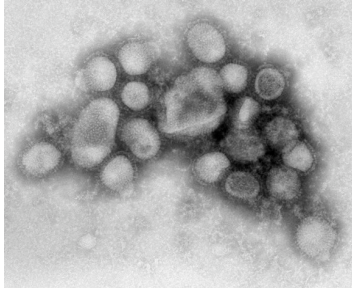
- Keep your hands clean!
- Avoid people with the flu
- Use a mask on a plane
- Stay home from work or school if sick
- Cover your mouth when you cough (or cough into your elbow)



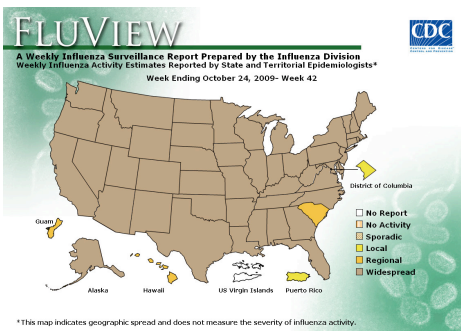


3 Take antivirals if your doctor prescribes them

H1N1 Virus



There is widespread flu activity in most states...



The three types of flu:

Seasonal flu

- Influenza A- H3N2, H1N1 (different from swine flu), Influenza B

Swine flu

- Influenza A- H1N1 (different from seasonal)

Bird flu (Avian)

- Influenza A- H5N1

█ Deaths from flu:

Seasonal flu: 30,000 per year in the US
Swine flu (H1N1): 60,000 US (projected)
Bird flu (H5N1): 60% death rate in Asia

█ Individuals at risk:

- Everyone 6 months to 24 years old
- Everyone over 24 years of age with HIV or chronic disease (diabetes, asthma, obesity)
- Pregnant women
- Caregiver for children less than 6 months old
- All healthcare personnel

█ Types of flu vaccine:

Shot: Killed virus
Nasal spray: Live virus (attenuated)

Immunosuppressed people should have the shot, not the live virus..

Pneumovax

- Revaccination of immunocompetent persons previously vaccinated is *not* routinely recommended.
- Revaccination *once* is recommended for persons who are at highest risk of serious pneumococcal infection, including HIV positive patients, as long as five years have passed since first administrated.
- If prior vaccination status is unknown for patients in the high-risk group, patients should be given pneumococcal vaccine.

Pneumovax (cont.)

- All persons 65 years of age or older who have not received vaccine within 5 years should receive another dose of vaccine.
- Revaccination following a second dose is not routinely recommended.

Vaccine availability

Seasonal flu supply is gone

More Swine flu (H1N1) vaccine is not expected until end of year

■ Barriers to production

- Poor reimbursement/profits
- Law suits (children)
- Live virus
- Grown in eggs
- Seasonal is three strains
- Expires in a few months

■ Influenza Treatment

Tamiflu 75mg twice a day for five days

Influenza Prophylaxis
(prevention)

Tamiflu 75mg every day for ten days

Differential Diagnosis

Influenza	Head cold
▪ Fever over 101° F	▪ Fever under 101° F
▪ Some malaise	▪ Little malaise
▪ Chest cold	▪ Sinus cold

How Doctor Conant treats upper respiratory tract infections

- Aspirin (two every four hours)
- Sudafed (long acting, non-drowsy, one in the morning)
- Actifed (two at bedtime)
- 3000cc (3 quarts) of electrolytes a day (chicken soup, Gatorade, etc)
- Bed rest

As needed:

- Sucrets or Fisherman's Friend lozenges (for sore throat)
- Lomotil (for diarrhea)

How Doctor Conant treats upper respiratory tract infections (cont.)

- Evaluate for influenza
- Evaluate for bacterial pneumonia
- Evaluate for PCP

Resources

- www.flu.gov
- www.conantfoundation.org/flu
- www.projectinform.org
- www.cdc.gov/flu
