

## Immunizations

**Obtain your SEASONAL INFLUENZA vaccine** as soon as it is available to you unless advised otherwise by your health care provider.

Vaccination will be an important countermeasure to both seasonal and H1N1 influenza. Efforts are underway to produce a safe and effective H1N1 vaccine.

Further information regarding DoD, State, and Local efforts in planning for and executing an H1N1 influenza vaccination campaign will be forthcoming.



## Information

Use your Health Care Provider, Chain of Command, and the below websites as sources of information.

### Websites

<http://www.flu.gov/>

<http://www.cdc.gov/h1n1flu/>

<http://fhp.osd.mil/aiWatchboard/>

**Each State National Guard Joint Force Headquarters should be communicating with their leadership and civilian authorities to ensure they understand how their specific State's Pandemic Influenza Plan includes them and how their Guardsmen may be utilized and, as appropriate, prioritized and included for future flu vaccines and other countermeasures.**

NGB  
Joint Surgeon's Office  
1411 Jefferson Davis Highway  
Arlington, VA 22202-3231

# Force Health Protection

# H1N1 Influenza

## July 2009



*Always Ready, Always There*

# NATIONAL GUARD BUREAU JOINT SURGEON'S OFFICE

## FORCE HEALTH PROTECTION GUIDELINES

### H1N1 INFLUENZA

#### Background

A global pandemic of H1N1 influenza is underway. More than 70 countries have reported cases. All 50 of the states in the United States, District of Columbia, Puerto Rico, and Virgin Islands have reported H1N1. Outbreaks are ongoing and in some cases with intense activity. H1N1 in conjunction with seasonal influenza poses the potential to cause significant illness.

Although most who have become ill with H1N1 have recovered without significant medical care, it is anticipated, more cases, hospitalizations, and deaths associated with this pandemic will occur.

H1N1 is a new (novel) flu virus that first caused illness in Spring 2009. H1N1 flu spreads like seasonal influenza, mainly through the coughs and sneezes of people who are sick with the virus, but it may also spread by touching infected objects and then touching your nose or mouth. H1N1 infection has been reported to cause a wide range of flu-like symptoms, including fever, cough, sore throat, body aches, headache, chills and fatigue. Some have also reported nausea, vomiting and/or diarrhea. It is important for all to recognize their risk for exposure, understand what symptoms prompt medical attention and taking appropriate measures to mitigate infecting others.

#### Preventive Measures

**WASH HANDS OFTEN WITH WARM WATER AND SOAP, especially after you cough or sneeze — alcohol based hand cleansers are also effective**

**Cover your nose and mouth with a tissue** or use crook of elbow when you cough or sneeze

**Discard used tissues** in trash cans

**Avoid touching** your eyes, nose, and mouth—Germs spread this way

**Avoid close contact** with sick people

**Clean surfaces** of tables, desks, door knobs, keyboards, and phones

**Get adequate rest and eat well** to help your body fight off infection

**Follow public health advice** regarding social distancing

#### Response Measures

Individuals have an important role in protecting themselves and their families.

**Seek attention** from a health care provider if you develop a fever, headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, or diarrhea.

**Limit contact** with others if you are sick with flu-like symptoms.

**Stay home** for at least 7-days after illness onset or until you have been symptom free for 24 hours, whichever is the greater period of time, except to seek medical care. This is to keep from infecting others and spreading the virus.

