

5. How do I prevent the spread of the novel H1N1 virus?

There are everyday actions that can help prevent the spread of flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If a tissue isn't available, cough or sneeze into your upper sleeve (not into your hands).
- Wash your hands often with soap and warm 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.
- If you are sick with flu-like illness, **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities (your fever should be gone without the use of a fever-reducing medicine). Keep away from others as much as possible to keep from spreading the illness.
- If you are severely ill or you are at high risk for flu complications, contact your healthcare provider. Your healthcare provider will determine whether flu testing or treatment is needed.

Other important actions that you can take are:

- Follow public health advice regarding school closures and other social distancing measures.
- Be prepared in case you get sick and need to stay home for a week or so; a supply of over-the-counter medicines, alcohol-based hand cleaners, tissues and other related items can help you avoid making trips out in public while you are sick and contagious.

For more information about vaccines or vaccine policy
Military Vaccine (MILVAX) Agency
<http://www.vaccines.mil/H1N1>

For medical advice about vaccinations
DoD Vaccine Clinical Call Center
24-hour Toll-Free: 866.210.6469

For clinical management and referrals
DoD Vaccine Healthcare Centers
<http://www.vhcinfo.org/>
Toll-Free: 866.210.6469



<http://usachppm.amedd.army.mil>



H1N1 Flu



Novel H1N1 Influenza Vaccine Facts for Service Members and Families

Disease

1. What is novel H1N1 influenza (flu)?

Novel H1N1 flu (also called "swine flu" or 2009 H1N1 flu) is a new strain of influenza virus. This new virus was first recognized in April 2009. Since that time, it has spread throughout the world.

2. Is novel H1N1 flu contagious?

Yes.

• How does novel H1N1 spread?

Novel H1N1 spreads from person-to-person in the same way that regular seasonal influenza viruses spread. When a person with the flu coughs or sneezes, other people may become infected with the droplets. They can also become infected by touching something with flu viruses on it and then touching their eyes, nose or mouth.

• How long can an infected person spread novel H1N1 to others?

People may be contagious from 1 day before they develop symptoms to up to 7 days after they get sick. Children, especially young children, might be contagious for even longer.

• How long can influenza virus survive on objects such as doorknobs, sinks and counters?

Influenza virus can survive and infect a person for 2-8 hours after being deposited on the object.

3. What are the symptoms of novel H1N1?

The symptoms of novel H1N1 are similar to the symptoms of seasonal flu and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people who have been infected with this virus have also reported diarrhea and vomiting. The infection can cause mild to severe illness as well as life-threatening complications.

4. What can I do to protect myself from getting sick?

Get vaccinated. A novel H1N1 vaccine has been approved by the FDA and will be available in mid-October. The vaccine to protect against seasonal influenza is already available. You should get both vaccines as soon as possible.

Vaccine

6. Will the seasonal flu vaccine also protect against the novel H1N1 flu?

No.

The seasonal flu vaccine does not protect against the novel H1N1 flu. For this reason, it is important to get both H1N1 and seasonal flu vaccines this year.

7. Can the novel H1N1 vaccine be given at the same time as other vaccines?

Yes.

The injectable novel H1N1 vaccine may be administered at the same time as the seasonal influenza vaccine and all other inactivated or live vaccinations.

The live intranasal H1N1 vaccine must be administered either on the same day as other live vaccinations or 28 days apart. However, getting the seasonal and H1N1 intranasal vaccines on the same day is NOT recommended.

8. Is the novel H1N1 vaccine mandatory?

The H1N1 vaccination is mandatory for all uniformed personnel.

All others are highly encouraged to receive the vaccine. The following groups are considered high risk and are being targeted for vaccination:

- Pregnant women
- Household contacts and caregivers for children younger than 6 months of age
- Healthcare and emergency medical services workers
- Everyone 6 months to 24 years old
- People 25 to 64 who have conditions that put them at higher risk of serious infection and death
- People older than 64 years of age are NOT being targeted for H1N1 vaccination

9. What is the novel H1N1 vaccine?

It is a vaccine made with one strain of influenza called A/California/7/2009 (H1N1)v. The vaccination will be administered as a 1-dose regimen for those 10 years of age and older, and as a 2-dose regimen, administered approximately 1 month apart, for those 6 months to 9 years of age. Children under the age of 6 months are too young to receive the vaccine.

10. Who should not get the vaccine?

- People who have a severe allergy to eggs
- People who have had a severe allergic reaction or other serious reaction to flu vaccine
- People who have a history of Guillain-Barré syndrome
- Children less than 6 months of age
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to get vaccinated)

11. What if I'm pregnant?

Pregnant women and newborns are at risk for flu complications, and all women who are pregnant or may become pregnant during influenza season should receive both the seasonal influenza injection and the H1N1 injection. The live, nasal spray vaccine is not indicated for use in pregnant women.

12. If I have been previously treated with antivirals, can I get the novel H1N1 vaccine?

Yes.

Antivirals do not interfere with inactivated vaccines such as the H1N1 or seasonal flu vaccines. (They can, however, interfere with the nasally administered flu vaccines; antivirals should be stopped 48 hours prior to receiving the nasal vaccine and should not be used for 2 weeks afterwards.)

Side Effects

13. What are the common side effects?

Local swelling, soreness, and redness at the injection site, and headache are common side effects that are often resolved quickly, and do not constitute an allergic reaction. Fever, tiredness, muscle aches, and other symptoms may occur 6-12 hours after immunization and can persist for 1-2 days.

Rare adverse events may include muscle weakness, impaired vision or a severe allergic reaction.

14. If I have a health problem after vaccination, what do I do?

If a health problem occurs following any vaccination, seek medical care. You or your provider may also contact the DoD Clinical Call Center at 866.210.6469. Follow the information below to file a report with the Vaccine Adverse Event Reporting System (VAERS).

15. When do I file a VAERS report?

Severe illness following vaccination is reported to VAERS. Forms are available at <http://www.vaers.hhs.gov> or call 800.822.7967. Healthcare workers and vaccine recipients are encouraged to report events that require medical treatment or interfere with work or recreation. DoD requires VAERS reporting by healthcare workers for adverse events that cause hospitalization or missing work for 24 hours or more.

You or any healthcare provider treating you may contact the Vaccine Healthcare Centers (VHC) Network at 866.210.6469 (24-hour toll free) or at <http://www.vhinfo.org> for a vaccine adverse event consultation or help with preparing a VAERS report.

- Prepare for H1N1 flu the same way you do for seasonal flu.
- Get vaccinated as soon as you can. You'll need both H1N1 and seasonal flu vaccines.
- Take everyday steps to protect your health:
 - Wash your hands often.
 - Cover your nose and mouth when you cough or sneeze. Avoid touching your eyes, nose or mouth. Germs spread this way.
 - Try to avoid close contact with sick people.
- Stay home if you are sick.



To Civilian Healthcare Providers: If a Reservist or Active Duty Service member contacts you with a condition that may be an adverse event caused by a military vaccination, please provide care. For authorization and payment, contact the Military Treatment Facility where the member is enrolled. If not enrolled in an MTF, contact the Military Medical Support Office of the TRICARE Management Activity: 888.647.6676.