

Subject: H1N1 Flu - What's Going Around



Each week, Centra Care doctors compile thousands of numbers from patient data in Orange, Lake, Seminole and Osceola counties to determine "What's Going Around" in Central Florida. We believe this information is important enough to share with you, because if you know "What's Going Around" in your area of town you can help to prevent yourself, your co-workers and family from getting sick. Many times we are also able to provide home care suggestions which may help the person feel better more quickly.

What's Going Around this week? H1N1 Influenza

Over the past week, Centra Care physicians have seen **DOUBLE** the number of Influenza patients from the previous week. Here is the specific breakdown throughout Central Florida:

Conway and Winter Park Centra Care locations saw a 65% increase in Influenza over the past week. At the Dr. Phillips, Oviedo and Winter Garden Village locations, the number of Influenza patients increased by 100%. And the Centra Care team at Formosa, Sand Lake, Lee Road, Longwood and Waterford Lakes saw more than a 300% increase in Influenza.

It's unusual for us to be thinking about the Influenza during the summer season - but FLU SEASON IS HERE AGAIN !!! During the winter months, we see a peak in the Seasonal Influenza strains (which we give Flu-shots to prevent). This summer, however, it's the new H1N1 strain (formerly called the swine flu) that's spreading throughout Central Florida.

What's the best way to keep from getting the Influenza? Yes, it's simple - it's effective hand-washing. That means 15 to 20 seconds with soap and water (or an alcohol-based sanitizer if soap and water is not available).

Other preventive measures include:

Covering your mouth and nose with a tissue when coughing or sneezing. Then, clean your hands, and do so every time you cough or sneeze.

And, if you do get sick with the Influenza - you should stay home for about a week. Influenza patients are contagious from one day before they develop symptoms to up to 7 days after they get sick.

How bad is it? Good news, the H1N1 seems to be about the same as the Seasonal Influenza; and in some cases, a bit less severe. Most of the danger associated with this summertime Influenza is seen when people with HIGH RISK factors for complications get sick. If you have any of the following HIGH RISK factors for Influenza complications, you should see your physician and consider medication prophylaxis: Chronic Heart or Lung disease, Age >65, Pregnancy, Immune disorders, anyone taking Chemotherapy, and Diabetes.

SYMPTOMS of Influenza: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and possibly diarrhea and vomiting.

TREATMENT: If you have any of the above Influenza symptoms - please see your doctor or a Centra Care doctor immediately. Centra Care has a *quick Influenza test* which can diagnose you within minutes. If you have H1N1 Influenza, you'll be treated with Tamiflu - which reduces how severe the illness gets. But, in order to work well, you need to begin this medication within 24-hours of getting the virus.

We'll update you again next week. Until then, remember, it is flu season.

Sincerely,



Florida Hospital Centra Care
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To learn more about "What's Going Around" in our community you can listen to the Centra Care Senior Medical Director each Tuesday morning between 8am and 8:30am on 88.3FM radio - Z88.3