

2009 H1N1 Severity Remains Mild

2009 H1N1 influenza activity is widespread across the state, is higher than normal for this time of year, and continues to increase in all five public health regions. However, there is no indication the H1N1 virus has changed or is more severe than in the spring, although hospitalizations are on the rise due to widespread illness. The CDC indicates that most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu. Most healthy individuals will recover from the 2009 H1N1 illness by staying home and getting the rest they need, while taking over-the-counter medications to help relieve their symptoms.

It's also possible for healthy people to develop severe illness from the flu, and individuals should seek medical care right away if they experience any of these emergency warning signs:

In children

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash

In adults

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting

Crawford County Public Health orders H1N1 vaccine weekly and the allotments are sent by the CDC and Wisconsin according to population formulas. Priority groups are set by the CDC and state and clinics are set up according to the priority groups and allotments. Please listen to the radio for these priority group clinics.