



Promoting and Protecting Public Health

Midtown Campus, 1111 South 41st Street, Omaha, Nebraska 68105

October 22, 2013 (Sent via email from DCHDEpidemiology@douglascounty-ne.gov)

To: Douglas County Healthcare Providers and Public Health Partners
From: Adi M. Pour, Ph.D, Health Director, Douglas County Health Department

Re: DCHD Influenza: first PCR-confirmed case - 2009 A H1N1

Douglas County Health Department (DCHD) has received our first PCR-confirmed report of influenza (2009 A H1N1) in a Douglas County resident, a woman who has been hospitalized and has other co-morbid conditions. See the press release below.

Information about influenza, including local surveillance reports will be posted on the DCHD influenza page:
<http://www.douglascountyhealth.com/disease-a-immunization/influenza>

DCHD Health Alert Network archive page: <http://www.douglascountyhealth.com/disease-a-immunization/health-alert-network-advisories-for-health-care-providers-and-partners>

For Immediate Release: Oct. 22, 2013

Contact: Phil Rooney, (402) 444-6427

Douglas County Reports Season's First Flu Case

Influenza can lead to serious complications, so there is no point in waiting any longer to get a flu shot this year! Douglas County has its first confirmed flu case of the season.

The patient is a woman over 50 years of age who has been hospitalized.

Since it takes about two weeks for the vaccine to develop your immunity, the sooner you get a flu shot, the sooner you will be protected.

"The flu virus is notoriously difficult to predict, but it is here and a flu shot is your best protection," said Douglas County Health Director Dr. Adi Pour. "Last year our flu season began in October and didn't peak until the middle of January."

It is recommended that everyone over six months of age get the flu vaccine, but it is particularly important for some people, including: pregnant women; children – especially those younger than 2 years of age; adults 65 years and older; and people with chronic lung disease, asthma or diabetes.

This year you have some options. There is a vaccine to protect against three strains of flu, another to protect against four strains, and a third for people who are allergic to eggs.

The vaccine can be administered through a typical injection as in past years, a shorter needle that places the dose just under the skin, and some people may receive the vaccine as a spray. Just ask your doctor which method is best for you.

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