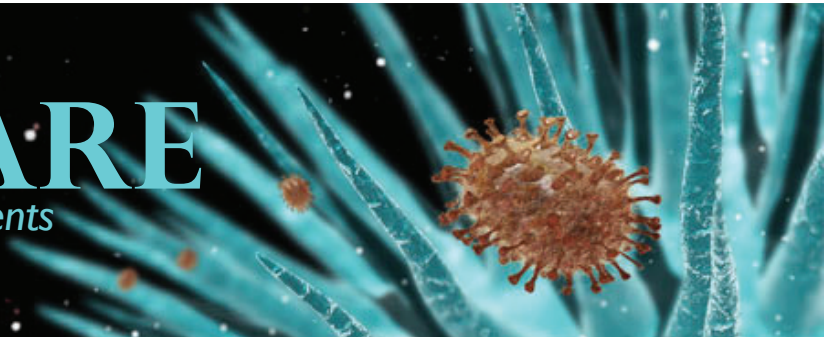


FLU AWARE

an update for faculty, staff and students

October 19, 2009



More about Vaccines

Most people who get seasonal or H1N1 flu will have a mild illness and recover in less than two weeks. However the CDC has identified certain groups who are at a higher risk of developing flu complications that can result in hospitalization or even death.

If you're pregnant

Pregnant women are considered high risk for complications from the flu. The CDC recommends that pregnant women get vaccinated for both seasonal and H1N1 flu but only with the inactive or "killed" virus that is given by shot, not by nasal spray.

You can find detailed information on the CDC web site at (http://www.cdc.gov/h1n1flu/vaccination/pregnant_qa.htm). Naturally you should also talk to your doctor for a specific recommendation that's right for you.

Other high risk groups

Others considered high risk for H1N1 flu complications include people 65 and older, adults with HIV infection, and people with diabetes, cardiovascular disease or asthma. Also children under the age of 5, but especially those younger than 2 years old.

Two at once?

You can get vaccinated for the seasonal and H1N1 flu at the same time, as long as one (or both) of the vaccines doesn't contain a live virus. Otherwise, you should wait 28 days between vaccinations.

From the desk of:

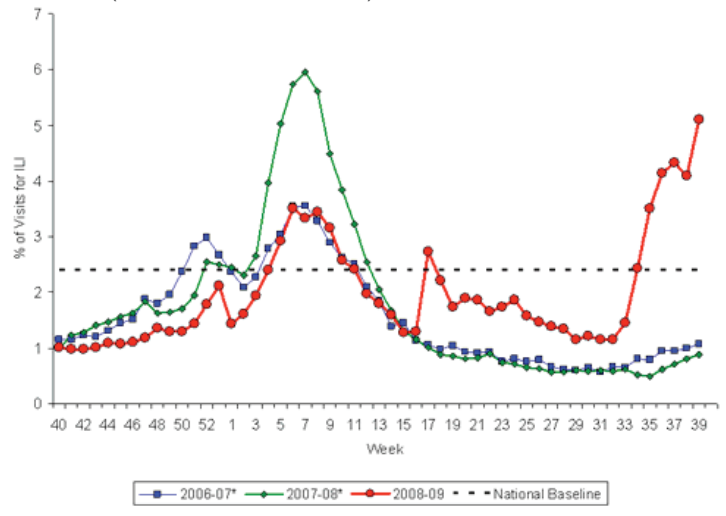
Boyd Robinson, DDS

Associate Dean for Clinical Affairs

UF College of Dentistry

Percentage of Visits for Influenza-like Illness

Reported by the U.S. Outpatient Influenza-like Illness Surveillance Network (ILINet), National Summary 2008-2009 and Previous Two Seasons (from the CDC web site)



At the college

About 20 faculty, staff and students in our college have reported that they've been ill with H1N1. This is an unofficial tally but does indicate that the incidence within the college is fairly low at this point.

Links

College of Dentistry:

<http://www.dental.ufl.edu/Offices/News/2009-flu-information.php>

UF: <http://www.ehs.ufl.edu/H1N1/>

Florida Department of Health:

<http://www.doh.state.fl.us/demo/php/FluInfo.htm>

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

Have questions? Email: brobinson@dental.ufl.edu